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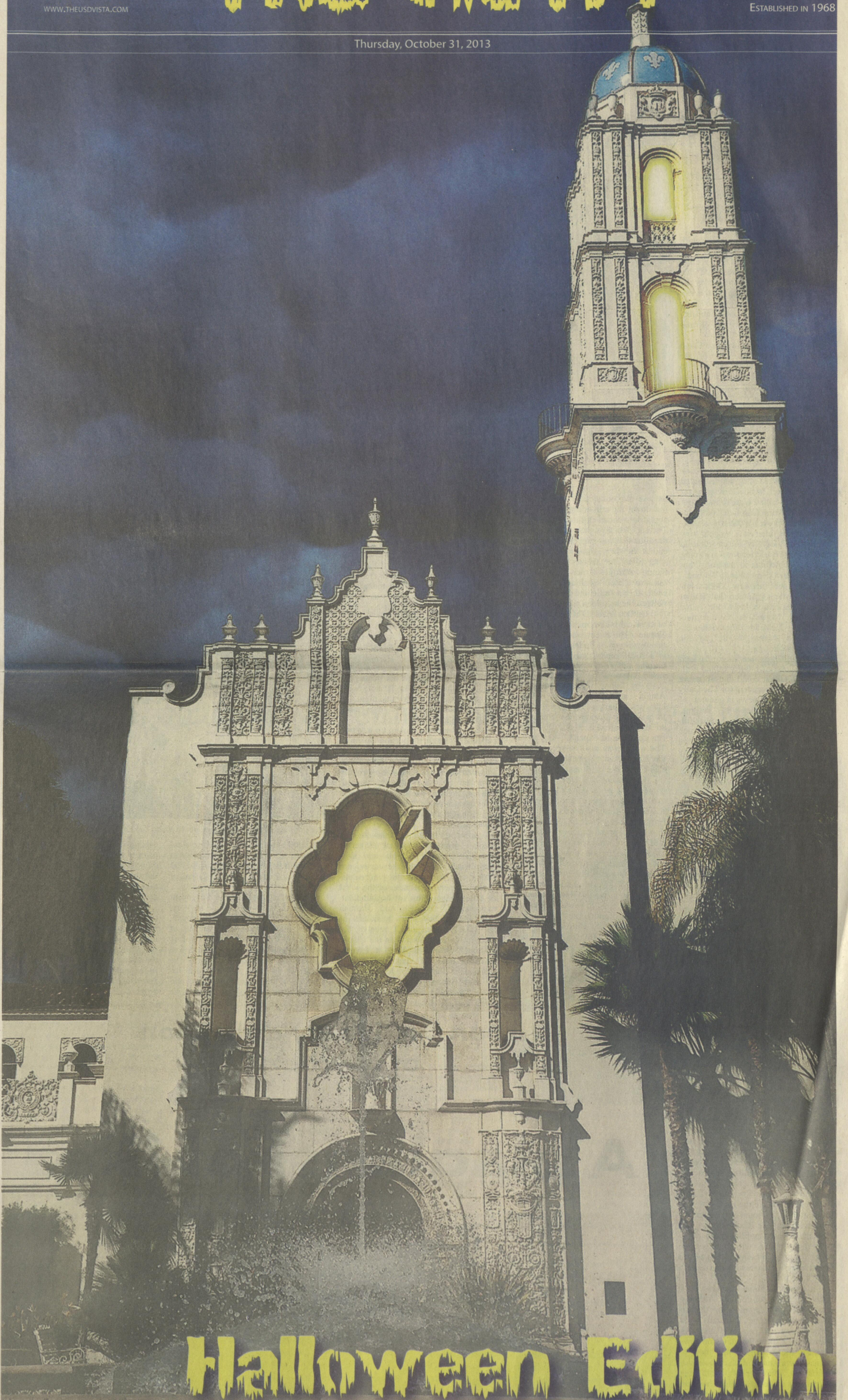
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THE UNIVERSITY OF SAN DIEGO
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THE VISTA

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Halloween Edition

NEWS

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falloutBy Jackson Somes
NEWS EDITOR

In response to an interview with Daily Show correspondent Asif Mandvi, North Carolina GOP Precinct Chair Don Yelton has resigned due to the racist tone of Yelton during the interview. Although the interview provided comedic gold for The Daily Show it could set an unfortunate precedent for the future of satirical journalism.

Back in June, the Supreme Court struck down large portions of the Voting Rights Act, a law designed to protect voters from discriminatory voter restriction laws. With the Voting Rights Act finally out of the way, red states quickly mobilized to pass voter restriction legislation. Texas was the first state to celebrate the Supreme Court decision by implementing voter restriction legislation merely hours after the decision was handed down.

On Oct. 10, The Daily Show took a look at the recently implemented voter restriction laws. Correspondent Asif Mandvi talked with Yelton about the nature of North Carolina's new voter restriction laws. What was shocking about the interview wasn't how willfully and gleefully Yelton admitted that the voter restriction laws are going "kick the Democrats in the butt," but rather the racist demeanor of Yelton.

During the interview, Mandvi offers a sarcastic suggestion that neither the voter restriction laws, nor Yelton were racist. Instead of staying quiet and nodding his head, Yelton defies expectations by saying, "Well, I've been called a bigot before."

Although this interview provided a brief moment of hilarity mixed with disbelief, I fear it could end up being an unfortunate precedent for The Daily Show and satirical news in general.

Yelton's bluntness, his resignation and the media frenzy that has followed it all in alternative media, such as Alternet and Slate magazine, is not necessarily a good thing for The Daily Show.

Yelton's resignation and the negative coverage of the North Carolina GOP will scare away potential interviewees and sources that serve as The Daily Show's comedic fodder. Representatives will never be granted approval from their respective parties to appear on the show in order to avoid unwanted unfavorable coverage. The Daily Show shapes their own narrative, so why play into their hands at their own expense.

According to Business Insider, a part of the GOP's statement in regard to Yelton's interview was that he never sought permission to be a part of the interview. If asking permission to appear on The Daily Show is going to become a prerequisite for doing so, than no member will be granted approval.

We have seen this kind of action before. Stephen Colbert used to hold a fairly regular segment titled "Better Know A District" on his own program, The Colbert Report. During this segment, Colbert would sit down with a congressional representative and throughout the interview continuously find ways to make the representative look like an utter fool. It was a hilarious segment and a personal favorite of mine but back in 2007, Democratic Caucus chairman Rahm Emanuel advised Democratic representatives to not appear on the show. After this announcement by Emanuel, the "Better Know A District" segments has almost become nonexistent on The Colbert Report due to unwilling representatives.

Madvi's interview with Yelton could prove to have the same effect on local, state and national representatives appearing on The Daily Show. The shot at increased publicity and popularity for politicians will no longer outweigh the risks of being portrayed in a negative light and possibly damaging a party's credibility.

It's an unfortunate scenario and it is not just a loss for comedy. Although a satirical news organization that focuses on comedy first, The Daily Show plays a very real role as a check on journalism. Especially television news, which is focusing more and more on being entertainment often disguised as journalism. The loss of incompetent or ignorant sources that the The Daily Show relies upon could put a real dent in the overall function of what the show has to offer.



Tabla master Abhijit Banerjee and sitar maestro Ustad Shahid Parvez perform for a lively crowd in Shiley Theater.

Shiley Theater's night of Indian music

By Jackson Somes
NEWS EDITOR

As the musicians on the stage put down their instruments, a roar of applause echoed through the Shiley Theater. Already past the 9:30 p.m. deadline that was supposed to mark the end of the show, shouts for 'one more song filled' the theater. Tabla master Pandit Abhijit Banerjee and sitar maestro Ustad Shahid Parvez gave each other a smile and a nod and then obliged the beholden crowd.

On Oct. 26, USD hosted an evening of classical Indian music in the Shiley Theater. The event was presented by the Academy of Indian Music. AIM is a local organization dedicated to learning and promoting Indian classical music. The organization was created in 2010 by Indian vocalist Sudakshina Alagia who wanted to support classical Indian music. "We also want to bring this music to the community so that awareness about this music can continue to expand," Alagia said. The event was also co-sponsored by the USD Music Department and The Center for World Music.

The event at USD was first orchestrated when Alagia reached out to theology professor Lance Nelson and chair of the music department David Harnish. This performance was not the first Indian organization to work with USD to put on a performance. Last Spring, the Orissa Dance Academy put on a dance performance at USD. "Because we did this work with the Center For World Music and the performing group last Spring I thought it would be great to work with another Indian group and I knew it would be high quality stuff," Harnish said.

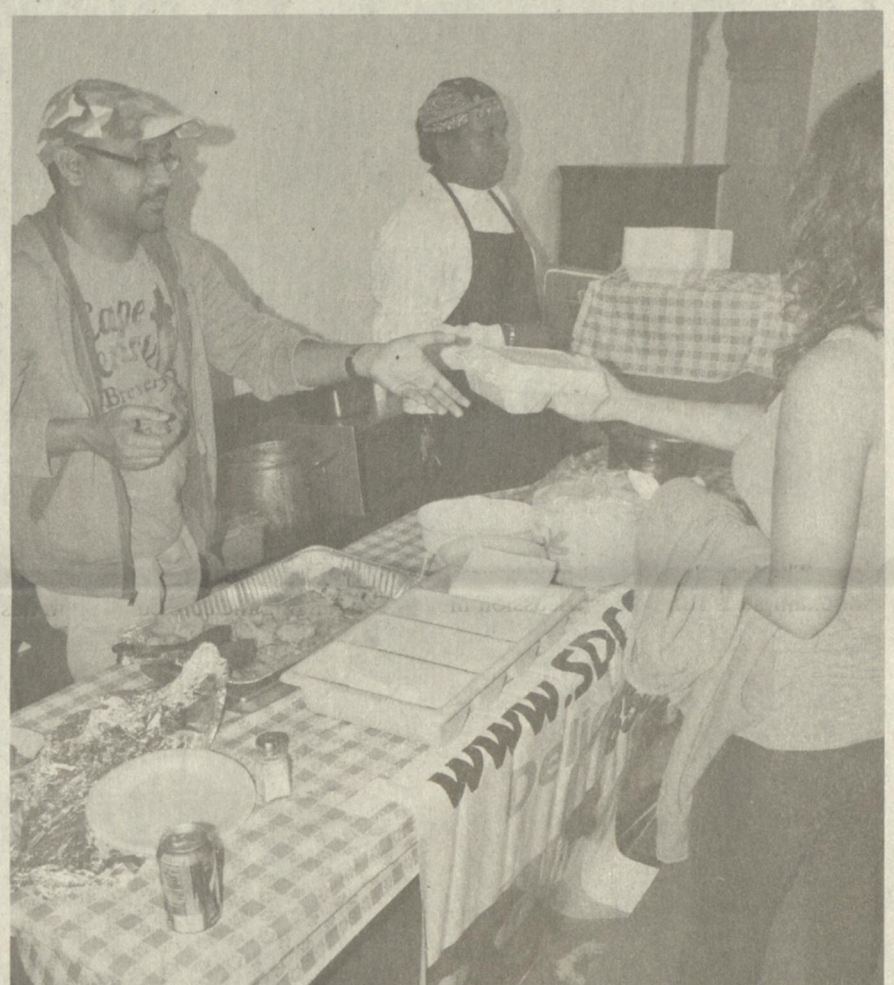
Although AIM and and Alagia are both established in San Diego, the event on Oct. 26 featured two musicians from India, Pandit Abhijit Banerjee on the tabla and Ustad Shahid Parvez on the sitar. Both of these are

Indian instruments. The tabla is a percussion instrument consisting of a pair of hand drums and the sitar is an instrument consisting of 20 strings similar to a guitar. Pandit and Ustad are titles used by Indian musicians to signify their level of mastery on their respective instruments. Harnish warned that these titles are not necessarily earned by musicians, but can sometimes be bestowed upon the musician themselves. "There are some times when guys will call themselves that, but he [Banerjee] has earned that title," Harnish said. "That's how good he was on the tabla drums."

Harnish confirmed the title of Ustad used by Parvez as well. "Ustad is like the equivalent of Pandit, a top level, top caliber player," Harnish said. "Again, they could call themselves that so I didn't know what his quality of musicianship was but he [Parvez] was the best musician we saw that night. He had absolute mastery over everything that was happening."

The event was broken up into two portions. The first portion featured Alagia and her vocal work with some accompaniment. Junior Elia Rivas attended the event and was pleasantly surprised by what she experienced. "She [Alagia] was amazing. It was interesting how her body mirrored the weird things she did with her voice," Rivas said.

After a brief intermission, the second segment featured Banerjee and Parvez on the tabla and sitar respectively. "In India these guys are almost like demigods, they are semi-divine characters because of the level of knowledge they've acquired an experienced," Harnish said. Harnish continued to say how musicians of the quality often don't receive the recognition they deserve in the United States. "When I look at it from a financial point of view I'm a little worried. I think they lost money," he said. According to Harnish these musicians could charge between 3,000



Students enjoy Indian cuisine outside the Shiley Theater after the show began.

and 5,000 rupees in India, the equivalent of \$48 to \$81. For their performance at USD adult tickets were \$25, with USD students and faculty admitted free of charge.

According to Harnish, this event was an exhibition of absolute mastery. Even before the performance began, Parvez foreshadowed the level of excellency that was to come. During the soundcheck Parvez required five minutes of absolute silence in the theater in order to properly tune his sitar. "A lot of occasions people would say 'Oh that guy's a jerk. Why is he

asking for silence, can't he control his instrument,' but I knew what he was doing," Harnish said. "He was getting the sitar in tune and getting himself in tune. He really wanted to have absolute control over the sound."

Parvez required these five minutes to be able to give the best performance he was capable of giving. "The reason he wanted that control was because he was going to manipulate the space and the sound in order to affect everybody in the audience at a really deep level," Harnish said, "that's what the best artists do."

Urban Dictionary definition
of a writer:

A plagiarist of life.

So come "plagiarize" with us!

managing@usdvista.com

Core curriculum under construction

Revisions to come to the College of Arts and Sciences core

By Leeza Earl
STAFF WRITER

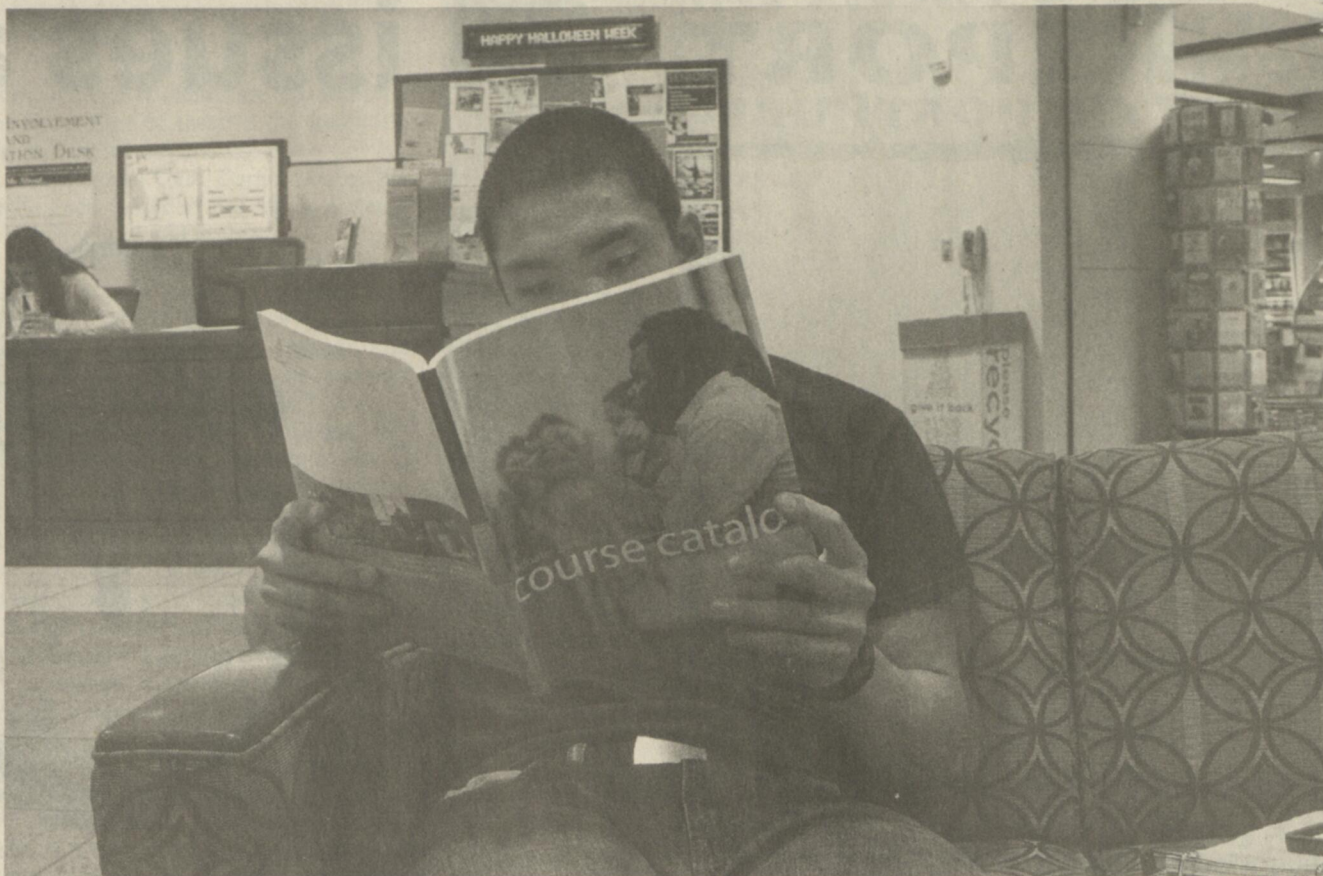
Completing the core curriculum is a task that all USD students have to conquer before graduating. The class entering in 2016 will conquer a very different core curriculum than the standard one now. The Dean of College of Arts and Sciences Noelle Norton and Core Planning Committee chair Kristin Moran have been working for three years, restructuring the current core curriculum into a smaller and a more grounded core to give students the foundation for the world after USD.

"There have been minor changes in the core such as the diversity requirement put in place in 2005," Norton said. "It has been approximately 25 years since USD has had a major core curriculum restructuring and I think we are ready for a core with a stronger foundation by including classes like senior seminar and writing classes."

Theology professor Evelyn Kirkley expressed her excitement of the new core revisions in the connection with the LLCs. "I think the new core will benefit the students more due to flexibility and continue the strong liberal arts curriculum," Kirkley said. "In addition, the interdisciplinary opportunities this will give students more foundation in the new core."

The core revisions are done with the students best interest and faculty. "I think students will appreciate the new core," Moran said. "With more flexibility with classes and requirements it allows a little more space for exploration." In the current core students have selected courses that they are allowed to take to fulfill each requirement. In the new upcoming core the Core Planning Committee plans to give students more options in what will fulfill the requirements for graduation with more class options and topics.

There are many rumors that have spread throughout campus regarding what will and will not be in the new core. The Introduction to Logic course for example is still under discussion in



Revisions to the CAS core curriculum will impact the classes required for USD student

addition to many other courses. There is yet to be a confirmed list of what will be withdrawn from or added to the core due to the current process of proposals from faculty.

The process of restructuring the core is broken into three parts: imagining the core, building the core and implementation of the core. The Core Planning Committee is currently in the stage of imagining the core by accepting core curriculum proposals from faculty and soon will arrive to Core Model for the new requirements.

Senior Ava Izdepski expressed her frustration with the current core curriculum and how she thinks it is time for a change. "I think some of the things that are in the core will never benefit me," Izdepski said. "We need something that will reflect on the USD community and life after college."

Changing the core curriculum has

always been a question here at USD for many reasons but now as generations are more advanced the core needs to advance as well. "USD core curriculum does not articulate the kind of learning that goes on at USD," Moran said. "We want to bring a core that includes interdisciplinary cluster, breath through distribution and diversity so students understand why students are required to take these courses."

The Core Planning Committee is structuring the new core on six sections: Interdisciplinary cluster, which allows students to learn through interdisciplinary approaches and faculty collaboration and Breath through distribution which continues the liberal arts education are the main two criterias the committee wants to change. In addition, Diversity is also being included to give students the reflective knowledge and understanding

about differences as an historical and socially construct. Writing, which is currently included in the core gives students a greater commitment to developmental approach. And finally, Advance Components allows students to explore beyond the lower division such as community services and undergraduate research and finally a smaller core which gives students more opportunity to explore and flexibility. The new core is intended to integrate components into the classroom and offer more diversity with course topics.

Twelve faculty and staff members serve on the Core Planning Committee and are currently taking proposals for what the changes will be. There is still not a confirmed new core but the process has begun. The committee is currently navigating the areas for improvements resulting in all core requirements being under discussion.

The Vista's Ear



in
Senate Meeting

Image by The Library of Congress/Pick Commons Colleen Buffington/The Vista

Recorded by: Brittany Carava

Announcements:
Halloween Festivities:
-Haunted House 10/31 in front of Plaza Mayor 5-9pm

Panhellenic:
-Registration for Formal Recruitment 2014 is live!

Interfraternity Council:
-LXA Ballers for Children 11/9 1-4pm

-Academics:
Senator Kristen Daus

-Dr. Jones is advising over a potential Biomedical Ethics minor that is in the process of being reviewed by university officials.

-Student Life:
Senator Jordan Jackson

-Is currently working on implementing a new tram schedule so that trams will be more convenient for students who live in various areas of campus.

- Currently working on the possibility of creating easy access snack carts for students to frequent in between classes.

-An announcement on silverware and dishes in the SLP: Auxiliary Services has spent over \$16,000 in the last semester just to replace silverware and plates, so please return them if you have taken them from the SLP.

Associated Students Budget:

-The budget was approved which included 48% allocated to Torero Program Board, (\$480,000) which means awesome events to come for the rest of the 2013-2014 school year!

-Also, there is 5% allocated to the reserves for special projects such as the possibility of Dyson Airblades hand-dryers in the IPJ.

MySanDiego portal rennovated before registration

By Jackson Somes
NEWS EDITOR

Students registering for classes next semester will be confronted with a surprise. The MySanDiego portal, the website used to register for classes, has undergone a complete makeover. From Oct. 18 to early Oct. 21 the portal went down in order finish updating a brand new version of the portal.

An update to the portal has been long overdue. The last portal was introduced back in 2007. "We haven't really had an upgrade since then," Steffanie Hoie said, manager of ERP Banner Student Technologies Team.

The state of the old portal hardware was one of the primary motivators for upgrading the system. "The hardware on the old portal was failing," Hoie said.

Vice Provost and Chief Information officer Chris Wessells also agreed the state of the hardware was in need of upgrading. "They [the old hardware] were like Frankenstein, we've been putting pieces into them in order to make them run correctly," Wessells said.

Currently, the portal is running on all new technology. Hoie stressed the importance of utilizing the newest software available and latest version of the portal technology. "We're a little ahead of the curve here, this is the latest and greatest" Hoie said.

The new portal has brought with it several changes in both design and function. The portal is now divided into two tabs, Torero Hub and Torero Life, each composed up separate sub-tabs. The different style of tabbing was done in order to group content a little

differently from the previous portal. "That's what we were hoping to have, a better navigation experience," Hoie said.

Junior Tony Alarcon confirms Hoie's hopes of the new portal. "I think it's easier to navigate and more organized," Alarcon said.

Not everyone is having an easy time navigating through the new portal though. Junior Jesse O'Neil felt the timing of the new portal was poorly orchestrated considering how close the change came to class registration. "I

The previous portal could only handle 300 users logging in at the same time. According to Hoie, a test of 1000 users simultaneously logging in was not a problem for the new portal.

can't find the registration tools I need because now they are all scattered around," O'Neil said.

To some, the new portal change has a minimal personal impact on the registration process. "People are being unreasonably upset about it," junior Alex Richwood said. "I don't think the new portal affects registration at all. You can still find all the tools you need before registration starts. With any basic level of human intelligence it should not be a problem."

Hoie recommends that students login to their MySanDiego portal before their registration times in order to familiarize themselves with the portal.

The new portal will allow for more users to login simultaneously than the previous portal. The previous portal could only handle 300 users logging in at the same time. According to Hoie,

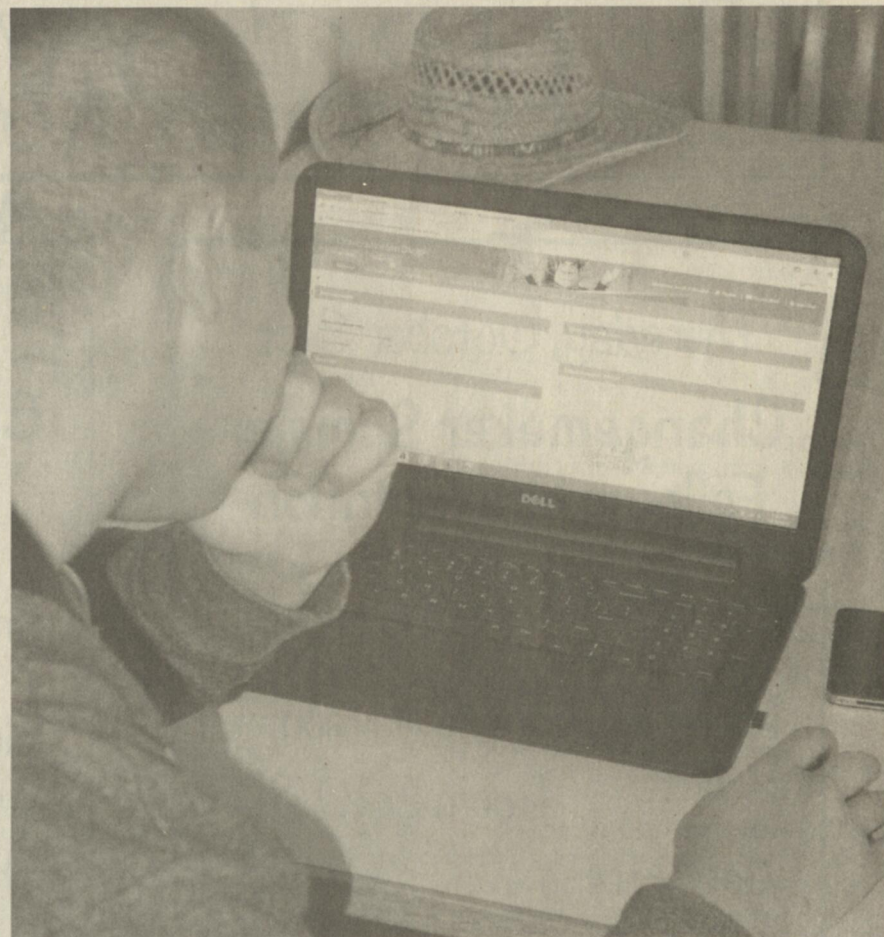
a test of 1000 users simultaneously logging in was not a problem for the new portal.

Some students have experienced difficulties with the new portal. "I tried to sign on and it went to a completely blank page; it's frustrating," Junior Jake Brouker said. Brouker is not alone when it comes to this technical problem. According to Hoie, many students have encountered the same blank screen when trying to log on to the portal. The solution is a simple clearing of the computer's cache and cookies. The

blank screen was anticipated by Hoie and the ITS Help Desk was alerted about potential students encountering this problem.

There was one unforeseen problem. For a period of two days after the new portal went live, the Torero Mail link was not working properly. The Torero Mail link is the link that would lead a student to their student email account. Hoie said it took two days to locate where the problem was occurring and from there it was a simple fix. "It works now, it wasn't when we went live," Hoie said. "That was a little bit of a surprise because we had tested it and again, as I've said some things worked and some didn't."

One of the benefits of the new portal is the potential for it to be continuously updated without requiring a complete renovation. Unlike the previous portal, which largely hadn't received updates



Some students logging into the portal have experienced difficulty

since its 2007 inauguration, Hoie anticipates staying current with the updates.

This new portal won't remain stagnant like the previous one. Hoie anticipates that ITS will utilize some of the features the new portal has to offer such as more interactive content. The goal is develop the portal to become

more than just a place for links. "We haven't put a lot of that in there right now but that's what we're going to be working towards," Hoie said, "we're working on putting more dynamic content in there."

THE VISTA

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Letters to the Editor can be submitted to The Vista office. Letters should be limited to 300 words and must be signed. For identification purposes, USD identification numbers and writer's year must be included in the letter. The Vista reserves the right to edit published letters. Any content sent to the editor will be considered for publication unless otherwise stated.

NEWS

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October 22nd

Location: Barcelona Lot

At 4:40 p.m. Public Safety responded to a report of a theft. Upon investigation, unknown suspect(s) stole a rear view mirror from a parked car between 10/21 at 1 p.m. and 10/22 at 9:30 a.m.

PUBLIC SAFETY REPORT PUBLIC SAFETY

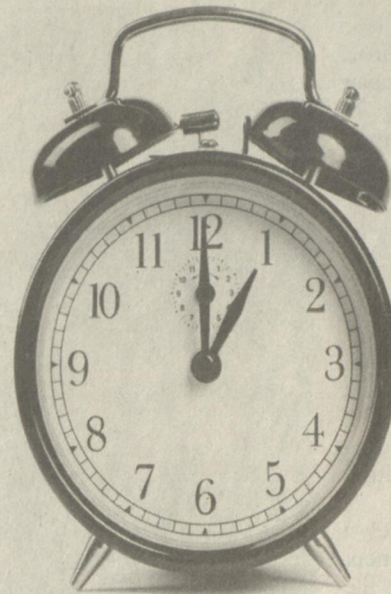
October 26th

Location: Warren Hall School
of Law Lot

At 2:54 p.m. Public Safety responded to a report of a possible act of intolerance. Upon investigation, unknown suspect(s) left a derogatory note on a student's car. The incident has been forwarded to Student Affairs.

PUBLIC SAFETY REPORT COLLEEN BUFFINGTON/THE VISTA

**24 hours a day.
24 issues a year.**



Writers needed!

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UPCOMING EVENTS

Thursday, October 31st

Changemaker Summer Fellows Presentation

Time: 12:30 p.m.-1:30 p.m.

Place: Student Life Pavilion
Room 320

Cost: Free

Friday, November 1st

Conversations with Carmen

Time: 1 p.m.-2 p.m.

Place: La Paloma

Cost: Free

Lindsay J. Cropper
Memorial Writer Series:
Fae Myenne Ng

Time: 7 p.m.-8:30 p.m.

Place: Manchester Conference Center

Cost: Free

Monday, November 4th
Looking Forward in the
Middle East:
Panelist Discussion

Time: 4 p.m.-6 p.m.

Place: Joan B. Kroc Institute
for Peace and Justice
Theatre

Cost: Free

Tuesday, November 5th

Adventures in Service

Time: 12 p.m.-2 p.m.

Place: Student Life Pavilion
Courtyard

Cost: Free

Queen Esther and Miss Sefardi: Sephardi Beauty Queens and National and Ethnic Identities

Time: 5:30 p.m.

Place: Mother Rosalie Hill Hall
Warren Auditorium

Cost: Free

College has created a sleep deprived generation

By Sara Butler
ASST. OPINION EDITOR

It is no secret that college students do not get enough sleep. In fact, it is often said that they are one of the most sleep-deprived groups of people in the country.

These assumptions are affirmed at our university. According to USD Student Wellness, “23.5 percent of undergraduates report that sleep difficulties resulted in a lower grade on a test or project.”

Further, they claim that, “students who pull all-nighters tend to have a lower GPA than students who make time for sleep.”

At first glance, this data indicates that the students who procrastinate are more likely to earn lower grades.

However, the data may also represent responsible students who have to stay up late working on assignments may also be affected by the lack of sleep they get the night before an exam or presentation. They may be stressed out and overwhelmed at night, no matter how well they schedule out their days.

While sleep is crucial for college students, sometimes it is not taken seriously enough.

According to USD Student Wellness, sleep offers many great benefits, including reducing your stress, improving your memory, controlling your body weight, repairing your body and keeping your heart healthy.

This exemplifies the irony of sleep among college students. Some do not get enough sleep because they are trying to get everything done. While students may try to cram for a test the night before, this is less likely to be effective without a decent amount of hours of sleep.

Lack of sleep has been proven

stress makes it even harder for students to be able to catch up on sleep.

It seems to be a neverending cycle, where studying replaces sleep, and lack of sleep hurts student’s studying.

There are many explanations for why college students are so deprived of sleep. One of these is the transition from high school and college.

Freshman Cara Carucci notes the difference between her sleep patterns in high school and college.

“It’s definitely not like high school. There’s no one telling you when to go to bed,” Carucci said. “It’s up to you to know when enough is enough and sometimes it’s hard to make yourself stop cramming for midterms.”

Sophomore Janel Hubbard has noticed her college schedule has a negative impact on her sleeping habits.

“Since coming to college, my bedtime has changed from 9:00 p.m. to 12:00 a.m.” Hubbard said. “I take occasional naps to catch up on sleep. On nights before exams, I hardly sleep at all because I get too anxious.”

College comes with a lot of independence and responsibility. While students may think this means keeping up with their studies, it also means keeping up with their sleep.

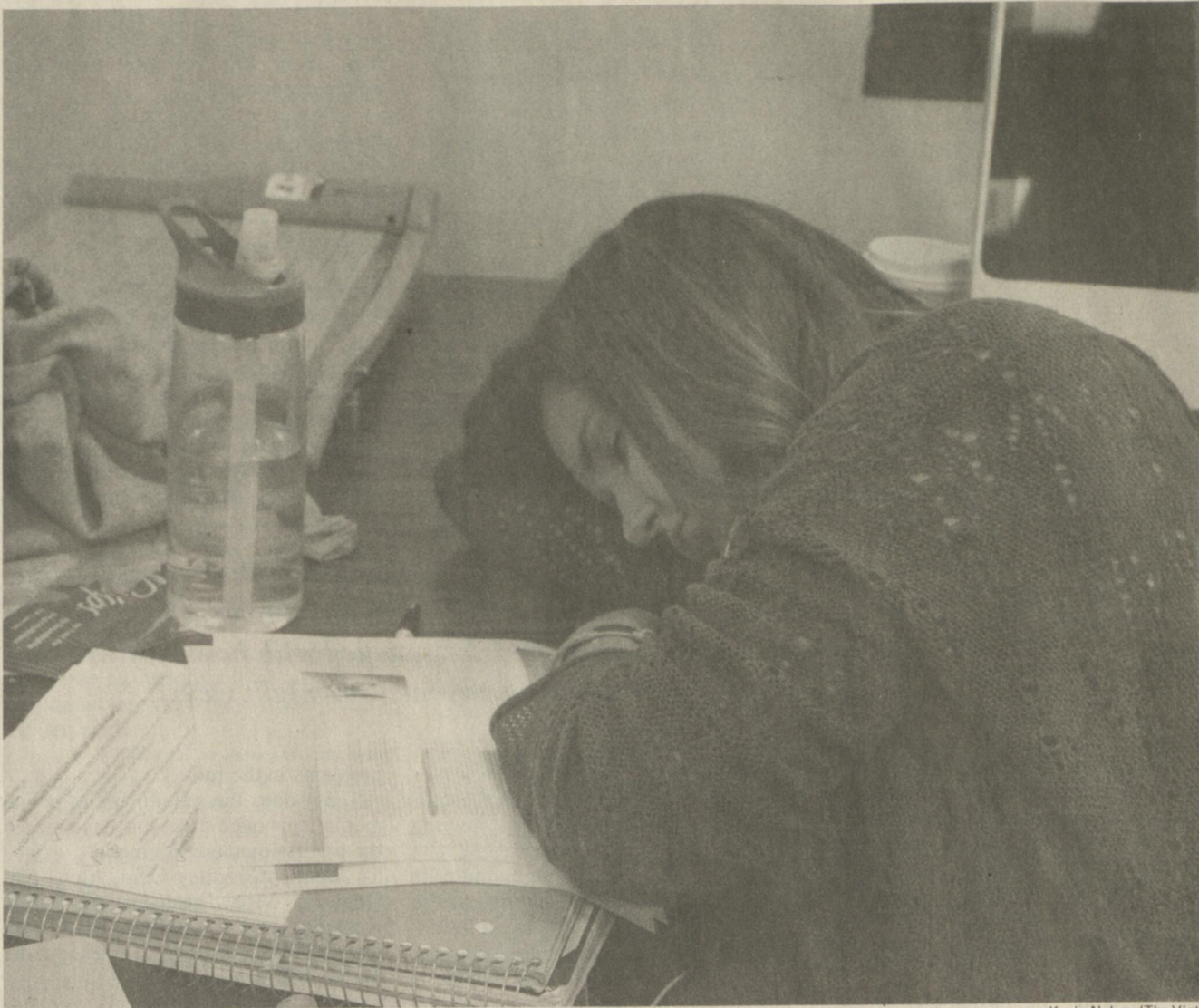
While some students may feel like having a busy schedule forces them to develop better time management skills, many still feel like the day is not long enough to get everything done.

“College has definitely helped me get better at prioritizing, but there’s still never enough hours in the day,” Carucci said.

This continues the ironic cycle. College classes may be stressful for students, who may develop unhealthy sleeping patterns or habits.

If these unhealthy sleeping behaviors continue, it may cause students to stress out about getting enough sleep.

Another explanation of the lack of



Kevin Nelson/The Vista

College students are some of the most sleep deprived people. While this is due in part to the excessive hours spent studying, students are also often distracted by technology which further prevents them from receiving a good night’s sleep.

and poor sleeping patterns.

Text messages may wake a student up, disrupting their sleep. Also, new cultural expectations have increased the pressure to be available to respond to messages at all hours of the day, making students feel guilt for unreturned messages.

This can further be applied to social networking sites, such as Facebook or Instagram. Students may lie in bed scrolling through their friends’ news feeds, afraid of missing out on something.

The use of your phone before bed affects your sleep due to the impact of mobile radiation and brain stimulation.

There are many reasons for the decline of a good night’s sleep among the college student. No matter which reason holds true for us at USD, the problem with our sleep cycle still remains.

How do we stop this cycle? The

answer is simple: sleep.

While this solution may seem like a paradox, it is the easiest and most ignored answer to the growing problem.

The only way to fight these patterns is to regulate your sleep cycle. By simply scheduling your day to allocate the recommended eight hours of sleep per night, sleeping will become part of your routine.

Making sleep as important as studying, work or socializing makes sure you get it done, which allows you to better complete the tasks in your day ahead.

Other substitutions for sleep, such as coffee, are only temporary fixes. While they can perk you up and bring you energy in the morning, it makes the rest of the day drag on.

I am not saying that the solution is to get rid of caffeine; I would be lost without my large iced coffee every

morning. What I am suggesting is a cultural shift in thought, where sleep is valued among college students.

We need to stop the ironic cycle of putting studying before sleeping. Sleep is what allows us to remember the quadratic formula and the socialization theory.

While studying is important, we are only as good as the amount of sleep we got the night before. That sleep allows us to concentrate on our studies and remember what we learn. Without it, we are likely become tired and sick, which will hurt our studies as well as our social life.

College students are good at prioritizing, but sometimes only when it comes to academic and social commitments.

Sleep needs to be a top priority among USD students. In our busy days, the one thing we cannot procrastinate on is sleep.

“While studying is important, we are only as good as the amount of sleep we got the night before. That sleep allows us to concentrate on our studies and remember what we learn.”

to hinder your ability to remember information the next morning.

Further, sleep is healthy for your body. Those who do not get enough sleep are more likely to get sick. Those who are sick are less likely to do well in classes, which may cause more stress.

The combination of sickness and

sleep is the increased presence of social media.

According to Huffington Post, there seems to be a connection between texting and lack of sleep. A small study done by Washington and Lee University shows a relationship with increased texting for college freshman

By Danielle Devries
CONTRIBUTOR

As a health conscious campus, it is no surprise that USD students are constantly seeking new ways to keep their bodies healthy and fit.

The most known ways for maintaining a healthy lifestyle include eating healthy foods, in moderation and exercising regularly.

Lately, juicing, the process of pressing fruits and vegetables into natural fruit juice, has been widely talked about among nutritional experts.

From this came the trend of juice cleanses, the process of avoiding food for several days and only drinking juice in order to flush your body of toxins and lose weight.

There is a huge controversy surrounding the validity of this process, as the potential health risks seemingly outweigh the benefits.

Juice cleanses not only promise to increase your nutrient levels by packing a lot of fruit and vegetables into a single serving of juice, but also increases energy, improves skin, boosts your immune system and guarantees weight loss.

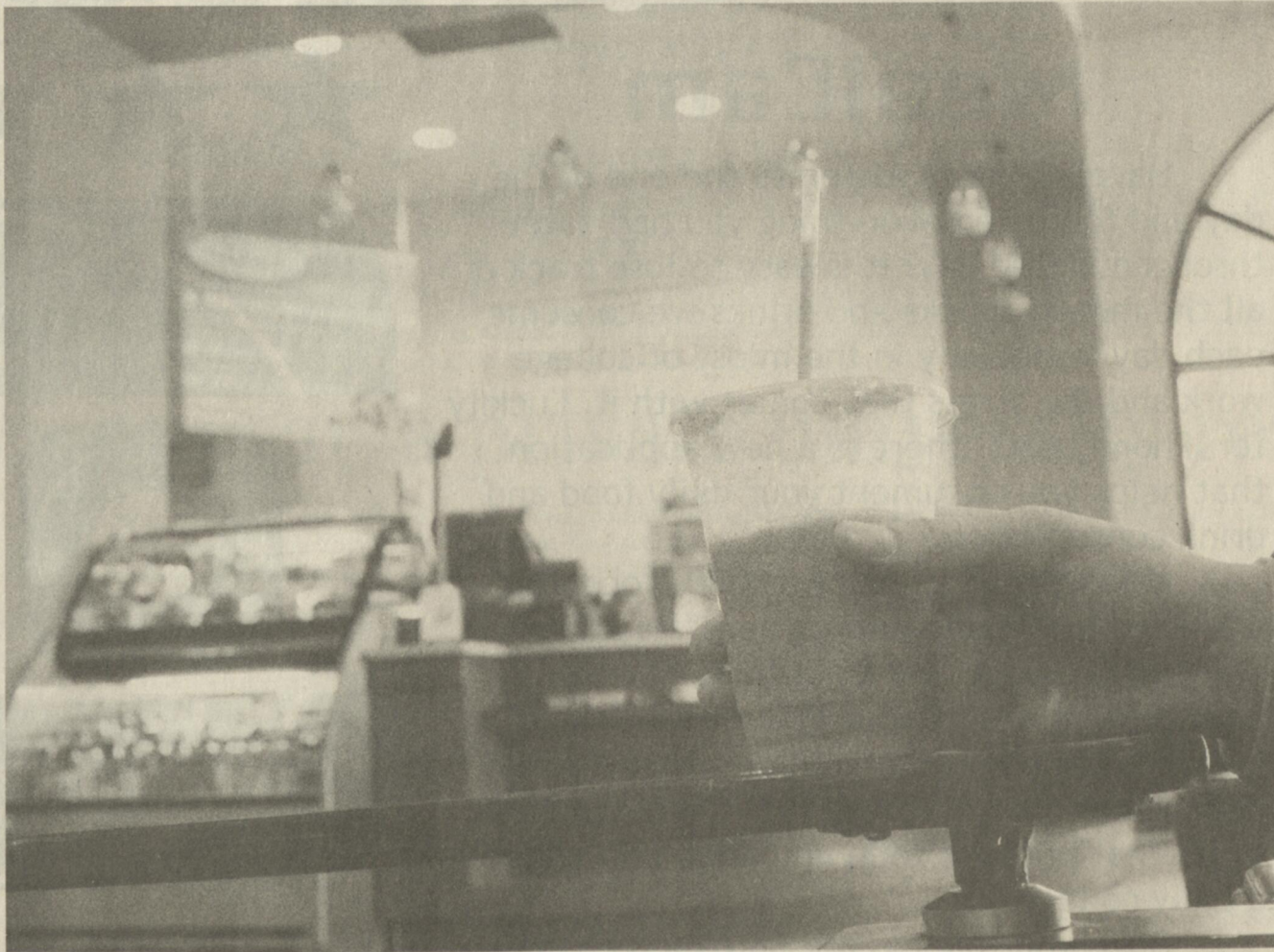
These unsupported facts are nothing more than claims as not a single juice cleanse currently on the market is backed by the Food and Drug Administration.

Type one diabetes, spikes in blood pressure, electrolyte deficiency and permanent damage to one’s metabolism are the reality of the risks associated with the juice cleanses.

Additionally, the weight lost during a cleanse, is often just “water weight,” and will be gained back soon after the cleanse finishes.

Going for extended periods of time without food is also very damaging, as you can’t get all your needed nutrients from just two food groups, and this can limit your body’s ability to function properly.

Extended cleanses cause even more problems, as the longer your body goes without food, the more



Kevin Nelson/The Vista

Juice cleanses have become very prominent on health conscious campuses such as USD. While there are assumptions that these cleanses are healthy and nutritious, there is very little medical evidence in support of their benefits to our health.

likely it is to start absorbing muscle tissue for energy instead of fat tissue.

Dr. Oz has even gone as far to coin the term “juicerexics,” claiming just cleanses are dangerous and are nothing more than current diet fads.

He also claims that the spread of juice cleanses in our society has resulted in one of the “newest, and potentially most dangerous eating disorders.”

USD students still have varying opinions regarding juice cleanses.

Most women claimed that they had not yet tried a juice cleanse but they were strongly considering it or

wanting to try it.

Men on the other hand, simply had no idea what a juice cleanse even was, let alone had considered trying one.

Those who have tried cleanses in the past recall not being able to focus or really do much besides sleep for the duration of the cleanse, and several admitted to stopping before the cleanse was over.

“The cleanse made me feel really woozy and lightheaded,” said freshman Sam Baker. “I had to stop after two days because I couldn’t focus on anything.”

My only true experience with a juice cleanse comes down to a friend

from high school that was on the cleanse for a day and a half before fainting in class because she had gone too long without eating.

Feeling faint seems to be a common side effect of the process, the reason most people decide to stop and resume eating normally.

The proposal to completely cut yourself off from food for multiple days does not seem like such a good idea.

The average duration of a typical cleanse is three days, and going this amount of time without eating can be even more detrimental to our bodies.

In fact, I would probably consider all other options before deciding to undergo a cleanse, even with all of their supposed benefits.

“Why would anyone want to stop eating for three days?” freshman Therese Fazio said. “That sounds miserable.”

However, it does help some people to quickly drop a few pounds and flush out all the toxins in their system.

If you are considering undergoing a juice cleanse my advice would be to proceed with caution.

I would advise against doing a cleanse when you need the mental capacity to concentrate, for example, when you have a lot of school work.

Another time to avoid cleanses is when you plan on exerting a lot of energy or performing physical activities.

Perhaps opting for a cleanse that allows for minimal solid food intake, such as nuts, which will allow you to receive some source of protein during the process, will be more beneficial and nutritious than a juice cleanse.

Otherwise the lack of nutrients can have an adverse effect on your health and prevent your body from functioning properly.

Lastly, do not fall victim to the “juicerexia” Dr. Oz warns of; these cleanses are not meant to be long-term occurrences, nor should they be used for major weight loss.

Personally, the risks trump the benefits of this trend for me. However, registered dietitian Kelly Pritchett, PhD, RD, CSSD, and Media Spokesperson for the Academy of Nutrition and Dietetics, offers a nice alternative to the juicing craze: incorporate smoothies into your diet.

This way you still get the extra servings of fruits and veggies, but without compromising your health and depriving your body of nutrients it needs to function.

Before you jump on the juice cleanse bandwagon, fully consider both the benefits and risks, as well as the alternatives. There may be a healthier way to achieve your goal.

OPINION

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Taking off the training wheels



By Kendall Tich
OPINION EDITOR

"Training wheels?" my dad asked. "Not this time!" I replied, feeling confident I was ready to ride my bike the grown up way. I vividly remember hopping on my little red bike, buckling my pink helmet on and screaming, "ok, let go!" as my dad pushed me across the grass on two wheels. It was a feeling of complete limitlessness.

Although I didn't realize it at the time, since in my youth I often only took experiences for their face values, I have come to learn that some of the best lessons come in the form of saying to yourself, "ok, let go." Letting yourself go is the only way to figure out where your two feet might take you; or in my case, my two wheels.

As I grew out of the bike riding years, I found myself in a world of the unknown, in which I was constantly attempting to control and plan the future for fear of letting life take me in some unexpected direction.

With the overwhelming amount of responsibility that begins to build up around us, especially as college students, it is often impossible not to consider every aspect of our lives in terms of our futures. There are many times when I want to be in complete control of everything I do in terms of school, friendships and relationships.

I have arrived at the conclusion that sometimes you can't control everything.

While there are things we can control as college students, such as how hard we study, how much reading we do or how long we spend writing an essay, there are many occurrences that are beyond our control.

Have you ever studied for hours, or even days for a test just to get it back with a big 63 percent scribbled in red across the front page? While I can fortunately say this does not happen to me all the time, it has certainly happened before, leaving me feeling as though my hard work did not pay off.

It takes me a lot of complaining before I realize that each time I receive a bad grade, as long as I had studied as hard as I could, that little red number is beyond my control; the only thing I am able to control in this case is the amount of preparation I put into the test.

Sometimes, it's important to take a step back from the school stress and acknowledge that not all grades we get back will be 100 percent scores. This does not make or break us as students but rather it reinforces the fact that some circumstances are simply out of our control.

Aside from academics, another area I've noticed that I, as well as my peers, try to have complete control over is relationships. We look for the kinds of connections we see in movies and read about in books, and by doing so, we are hardwiring our brains to believe that we can change our own relationships to those that we view as ideal and right in our society.

In a romantic relationship, we expect to meet "the one," fall helplessly in love and marry them, with a couple sunset beach walks and romantic dinner and movie dates in between. If our romantic relationships in college don't go according to this plan, we often see ourselves as inadequate or not good enough, assuming that our own personalities are causing our relationships to deviate from the plan.

It is important to recognize though, that relationships failing or moving in a different direction than what we had originally planned or expected does not mean we are not good enough to be in the relationship. Instead, it simply means that we cannot control every interaction we have with others or the relationships we form along the way. Sometimes, taking a step back from a relationship and letting yourself just go with the flow of it all can end up leading to even greater happiness.

There will always be times when we feel swamped with tests, papers and drama with friends or significant others. Even in the midst of all the stressors that come with being college students, it is important to occasionally realize that we aren't always in control of everything.

Sometimes, life has a funny way of switching things up on us, putting us through hardships or leading us into complete happiness. Whatever the case, take the training wheels off your bike and let life take you cruising down the grass to a world full of opportunities and chances.

Build a professional presence on social media

By Allison Heimlich
CONTRIBUTOR

The world we live in today is one heavily influenced by social media. Forgetting all the advertisements, PR campaigns and news stories that come from our media driven society, social media remains as one of the most prevalent forms of media in our society, especially in the younger generations.

Year after year, the amount of social media outlets increase: Myspace, Facebook, Twitter and Instagram are moving onto more even personal platforms such as Tinder and Snapchat.

All of these media devices grant us more opportunities and an easy way

they want to be perceived by everyone, then they will be safe from any unexpected viewers.

However it has become increasingly harder for people to distinguish between what is acceptable to use in their personal lives versus what is appropriate to expose in a professional environment.

"There is definitely overlap between the two and there's no real clear cut line of where they separate this," junior Marina Howell said. "One way to balance is to save your personal media for your own life instead of promoting the company."

It can be difficult for people to monitor posting information now because they do not foresee potential

methods of advertising.

One con Ochi pointed out was the lack of ability from our younger generations to communicate with each other. She also recognizes this as an opportunity for business to advertise.

"Their eyes are glued to their phones, so why not market on their phones?" Ochi said.

If people make it easy for companies to reach them through media, businesses are going to take advantage of the opportunity.

In order to protect ourselves from future business disadvantages, we must determine what media is appropriate for the business environment.

"Depending on what environment you are trying to go into, I would cater your pictures to go into that job path," Melo said. "For example, if you are trying to be a nun you don't want your pictures to have you in skimpy clothing, but if you are trying to go into fashion, maybe it wouldn't make much of a difference."

If it becomes too difficult to monitor statuses, pictures or comments, people can at least protect themselves from any future shock they would otherwise have.

Filtering media content by being aware of what future employers might frown upon in a specific job market may make it easier for people to edit, withdraw or omit certain media.

This way instead of worrying about each individual post, people can focus on filtering ones that may pertain to their career interest specifically.

private it is public knowledge and no longer belongs to you," Howell said. "Whatever employers dig up is fair game."

On the other hand, when it comes to limiting a company's ability to research potential employees, Ochi sees it differently.

"People use their social media as an escape. It's a way to connect with friends and family and it's a personal space," Ochi said. "If businesses infringe on this personal space, what do we have left?"

Right now, we are not able to control a company's ability to look up employee personal information, so what can we do? How do businesses reap the benefits of our excessive social media use? How can we maintain a personal environment on the media without the fear of it affecting our professional lives?

Businesses take advantage of the knowledge that people in our society are technologically obsessed.

They put out advertisements to reach potential customers and use programs to search employees' personal profiles.

Unfortunately, none of this is in our control. Those aspects will always be in the control of the professional realm.

So what can we do to prevent ourselves from being harmed?

One way could be to filter information so only information that a person is comfortable with their employer seeing is portrayed on media

"People need to learn how to manage their media output so they represent themselves in a positive light or at least in a way where they are satisfied with how they will be perceived by anyone who might view it."

to put out information about ourselves for anyone to access. With excessive amounts of information flowing around, how do we keep up?

For most, creating multiple accounts on some, or even all, of the media outlets seems to be the solution. The problem that people, especially in younger generations, are facing is how to monitor the use of their social media so it will not hinder business opportunities in the future.

In order to make people aware of how their social media use may affect them in the future, we must determine the pros and cons for mixing media and the business world.

"From the perspective of personal Facebooks, it could show how you live your life which may be in accordance with what you are trying to pursue," sophomore Morgan Melo said. "But the negatives are obviously that as an employee of the company you are a walking, talking advertisement so they are not going to want to put their name on something they don't think represents their company very well."

The risk of not being hired or getting fired could in some cases outweigh the benefit of satisfying one's urge to post beer pong champion or provocative costume party pictures.

People need to learn how to manage their media output so they represent themselves in a positive light or at least in a way where they are satisfied with how they will be perceived by anyone who might view it.

If people portray themselves how

problems in the future.

But does the monitoring of social media stop once a person has entered the professional environment?

Senior Courtney Ochi, Alpha Chi Omega's Vice President of Public Relations and Marketing, points out the possible concerns of social media in the professional world.

"It can be dangerous because anything posted can be seen in an instant," Courtney Ochi said. "For example, a lot of companies get in trouble because workers accidentally tweet from company Twitter handles rather than their own personal ones."

Even once a person has access to the business world, they have to be careful about monitoring media because once a message is sent there is a good chance it will be received by someone.

"Even if it's only up for 20 seconds, a large audience can screenshot and save it," Ochi said.

Another side of media is from the business's perspective, where the use of social media can give an edge to one company over another.

"I think that social media can be a great tool for businesses in terms of marketing and advertising," Ochi said.

If companies are able to promote themselves through use of social media, their name is heard and the products they sell can be seen by large groups of people.

This is a great way for businesses to reach their target audiences even if they are not able to do so through other

IPHONE APP OF THE WEEK
MealCam

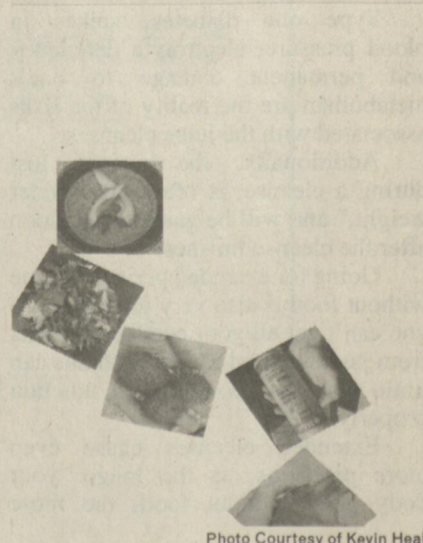
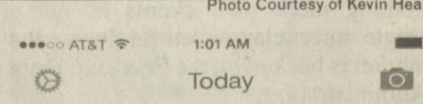


Have you ever gotten to the end of the day and forgotten everything you had eaten throughout that day? It is easy to lose track of all the meals, snacks and drinks we consume each day, especially in the midst of college work and the stress that comes with it. Luckily for iPhone users, there is a new application that helps you document your daily food and drink consumption.

Kevin Healy, a senior at USD, recently launched his iPhone application "MealCam". The app is essentially a platform to take and store photos of your daily meals. Once inside the application, you are instructed to "document your first meal" by taking a photo of it. That photo is then uploaded and added to a daily collage.

Once your photos are uploaded each day, you are provided with access to review your consumption. Within the app, there is a calendar feature that displays the daily photos of the meals you eat, allowing easy browsing between the days.

For those who are interested in simply recording their daily meal intake in the form of photos that appear in a calendar, this is the perfect app for you. You can review what you eat in order to assure you never lose track of little snacks you had throughout the day.



It's time to construct a culturally conscious Halloween

By Cameron Amano
CONTRIBUTOR

With the arrival of Halloween, we've all been working on picking our costumes: the sexy cat, the scream and of course, the beloved white sheet with eyeholes.

Halloween is meant to be a day of celebration and festivities and a holiday for everyone to have fun.

But what can we make of the more offbeat costumes, like one that adorns blackface, which involves face paint used to make light skin appear black, or one that includes a sombrero and a poncho?

Although usually donned by people without malicious intentions, these displays can be seen as offensive.

Sophomore Charisa Gowen-Takahashi recalls an incident in which

themselves with.

Often times, members of a dominant group, who do not regularly face racial and cultural oppression, engage in cultural appropriation as they wear, enjoy and "experience" pieces of a subordinate group's culture for a little while and discard them afterward.

These people have the privilege of going on with their lives without experiencing the injustices that groups they had just culturally appropriated deal with every day.

Junior Jesette Cayton believes that Halloween costumes that can be seen as racist has become a problem in our culture.

"This is a serious issue, especially for people of color. We really need to bring attention to the student body that even though some people think it's entertaining, making fun of other people's cultures can be really

the powerful and the powerless means to side with the powerful, not to be neutral."

As the powerful already have the advantageous upper hand in the dominant-subordinate relationship, to not take action against them is to let the powerful continue and to let the powerless suffer.

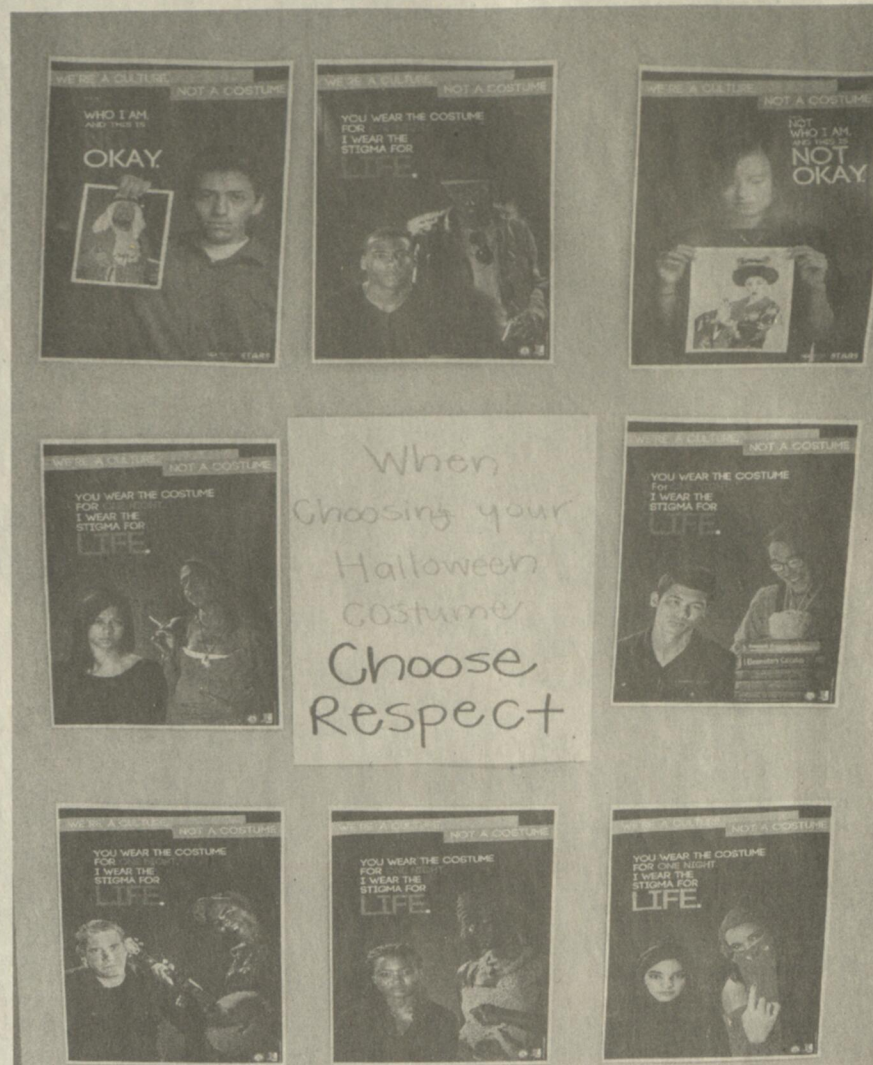
The only way we can fortify the underdogs, who have endured centuries of racial and cultural abuse, is to support all races in our choices of Halloween costumes.

So how can we help without risking friendships? Try striking up a conversation with those who you feel are wearing blatantly racist costumes that can be taken as offensive and hurtful. By letting others know the way in which they costumes can be interpreted, you are opening up discussion that will hopefully encourage them to rethink their costume choices.

This method indirectly suggests that racist costumes that appropriate cultures are offensive without making it personal.

A different approach includes asking them if they are concerned if the people they are culturally appropriating might see them wearing their stereotyped culture. Often times, those who are clad in offensive outfits may not have previously considered this point of view and might think twice about wearing these seemingly racist costumes.

In order to reinforce the fact that racist costumes should not be accepted in society, the first step is refraining from laughing at the costumes to let those wearing them know that they are offensive. We can point out the potential offensiveness and suggest non-offensive costumes as alternatives. We can help educate them on what



Kevin Nelson/The Vista

Before choosing a Halloween costume, it is important to consider the way in which others perceive that costume. Some choices may end up negatively affecting certain groups of people and can therefore be deemed as offensive costumes.

cultural appropriation is and why it is wrong to do it.

Enough of the stereotyping.
Enough of the cultural appropriation.
Enough of the bystander effect.

This Halloween, we need to be

mindful of marginalized cultures and help to actively fight in the struggle against cultural appropriation as well as genuinely ruminating over our costume decisions. Remember: it's a culture, not a costume.

What are USD students going to be for Halloween?

Minnie Mouse

Scooby Doo

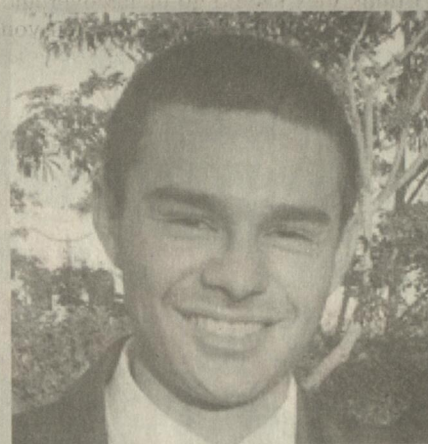
Bunny

The Hulk

Rainbow



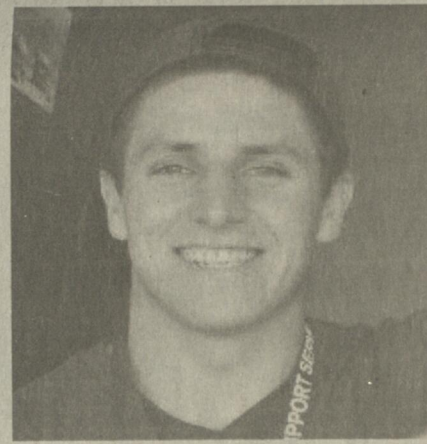
Allison DeHart



Joseph Mejia



Kayla Meijer



Dalton Pettus



Mahie Solomon

"I picked Minnie Mouse because it makes a cute costume and I love Disney."

"I wanted people to sing the Scooby Doo song to me as I walk by in my costume."

"I decided to be a bunny because I'm 'wasically a wabbit'."

"I am being the Incredible Hulk because I am incredible."

"I plan on hand making each component of my rainbow costume."

How private can a private university really be?

By Ileane Polis
STAFF WRITER

We all know that USD is a private university. This, technically speaking, means a non-government funded college. It also may mean smaller class sizes for some colleges like USD.

Our university may even be considered a medium-sized school, since it hosts nearly 5,665 undergraduates.

Could the size of USD, both as a whole and individual class sizes, cause students to feel like their business could be anyone else's? Or is it easy for students to feel autonomous among the crowds?

The majority of students here seem to feel like enough privacy is given to them.

Both freshman Megan McDonald and freshman Madeline Young, two

students at USD, don't see lack of privacy as an issue, though Young did speak of having a lack of privacy on her floor in her on campus housing.

"For those students living on campus, I could probably imagine them knowing what each of their neighbors is doing on their floor at a certain time," Young said.

Several students seem to like the fact that USD is small and that people are easily accessible on campus.

"USD is big enough where not every single person knows who I am, but it is small enough where my friends can keep tabs on me and I can keep tabs on my fellow classmates," freshman Julia Personeni said. "Also, news travels fast on campus, both by word of mouth and via social media."

Likewise, freshman Ashley Posavac enjoys USD's size.

"I feel like I have more than enough privacy, but if I wanted less, I could easily achieve that. It all depends

on how you portray yourself to others and what you actually do in public. If you do something against the rules in public, expect it to get around," Posavac said.

"USD is big enough where not every single person knows who I am, but it is small enough where my friends can keep tabs on me and I can keep tabs on my fellow classmates." -Julia Personeni

Freshman Gabriella Russo goes on to encourage others to give up some privacy.

"How much privacy you have depends on how involved you are on campus," Russo said. "The more clubs you join or events you go to, the more people you will meet. This kind of lack of privacy can be a good thing; people will want to follow you on social media

and know what your club, and you, are doing."

Furthermore, students such as Jackson Yeung, a freshman at USD, not only believe privacy among students

is available here, but that the school's atmosphere demands it.

"Because we're a small school, I think people feel like they have to respect each other and give each other space. It becomes almost common sense to do this," Yeung said. "Additionally, administration follows this conduct. I feel like professors are more willing to give us control of our

learning and let us decide how we are going to complete tasks, rather than checking up on us and our grades."

Personally, I agree with my fellow peers. What you decide to show to others is completely up to you.

Here at USD, people don't find stuff out about you by snooping, but rather by accepting the information you put out there.

From what I've seen, for those who want to live a quieter life, USD is the place for them, just as it is for those who want to be incredibly involved and public.

The bottom line seems to be that "private" school really does mean private. Even at schools that have fewer undergraduates, privacy among students and administration is understood and granted.

So in case you were wondering, although news travels fast at USD, how private your life is can be completely up to you.

Letters to the Editor Policy

The Vista strongly encourages letters to the editor from students, faculty, staff, administration and the community.

Correspondence should be sent to editor@usdvista.com with the subject line "Letter to the Editor." Letters for the up-coming edition are due Saturday by 6 p.m.

Submissions should be limited to 500 words and must include verifiable contact information. Letter content is subject to editing for clarity and style.

The Vista does not publish anonymous letters, those addressed to a third party or letters in poor taste.

FEATURE

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THE HAUNTED TRAIL OF BALBOA PARK

This haunted trail is one walk in the park that you will never forget. The mile-long trail through Balboa Park is full of frightening sights and sounds that will leave you quaking. Walking through the gnarled oaks and twisting paths will certainly make you tremble. Take a shot at making your way through "The Experiment," a maze that shows what can happen when Mother Nature takes her eye off the ball for even a second. The Haunted Trail of Balboa Park is both chilling and spooky.

Halloween means costumes, candy, pumpkins, caramel apples and a lot of fun. San Diego holds numerous Halloween events that will get you in the festive mood.

HALLOWEEN SAN DIEGO STYLE



PUMPKIN PATCHES

No Halloween is complete without a stop to the pumpkin patch for hot apple cider, hay rides and some pumpkin fun. There are many pumpkin patches in San Diego, such as The Pumpkin Station in Mission Valley. The Pumpkin Station has free admission, a petting zoo and tons of Halloween fun. Pumpkin Pandemonium at Heritage Farms include a hidden treasure trail, corn maze, hayrides, pumpkin rolling, skeleton search and much more. Check out one of the numerous pumpkin patches in San Diego and carve your pumpkin before it's too late.



FEATURE

HAUNTED SAN DIEGO GHOST TOURS

San Diego is considered by many to be one of the "most haunted cities in the West." This two hour fully narrated tour takes you to some of San Diego's most haunted locations. Your ghost host takes you to five 'haunted' locations, but only three of them you can enter. These haunted locations make it a terror-filled tour and something not to miss out on.



THE HAUNTED HOTEL

The Haunted Hotel is the longest running haunted house in San Diego and is located in the Gaslamp Quarter. This haunted house was named one of the top 13 haunted houses in America because of its spine-tingling features, such as the Hellelevator which takes you to fear-filled rooms inspired by Legion and Shutter Island. This Haunted Hotel will leave your heart beating out of your chest.

Whether it be a San Diego ghost tour or a pumpkin patch with apple cider, you will find something to do this Halloween.



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Work to do

By Khea Pollard
ARTS & CULTURE EDITOR

There is so much tragedy in the world today. In my lifetime, I don't recall the future ever appearing this dismal. If things were always this way, I wasn't conscious of it. Now more than ever, news headlines alert us of one tragedy after another, every morning, noon and night. We can't take a vacation from evil.

I don't own a television by choice. According to my budget, television ownership is fairly low on my list of priorities. These days it's easy to catch up on television shows and news via the internet when I have the time. Our news outlets are utterly depressing. No matter how many times you change the channel, you will inevitably be buried in grief and loss. Because of my television deficiency, I am shielded from constant devastation. I know I sleep better when I don't watch the nightly news. Still, I can always find depressing stories in the newspaper. Reading exposes me to them, but for that illness, the cure is to put the newspaper down and focus on something else.

Today there are teenagers shooting other children and teachers in school. It's sickening how commonplace this has become. Sometimes the perpetrators are even younger. Kids are abandoning Pokémon cards for guns at an alarming rate. The shooter at Sparks Middle School in Nevada was 12 years old. When I first heard of this shooting, my initial response was, 'Not another one.' Yes, I've become frighteningly accustomed to hearing tragic stories such as this. I flashed back through history and I remembered Columbine. The massacre at Columbine High School in 1999 is one of the first and most horrific examples of our deterioration as a people. Our society has failed somewhere, in some aspect, to have produced human beings capable of calculating an undertaking so atrocious. Where have we gone wrong?

I was just 6 years old when I heard about Columbine on the news. It has been over a decade and these incidents have multiplied substantially. Though not as bloody, they are just as tragic. Teachers are learning to fear the students they instruct. Instead of worrying about how to engage their students in the learning process, they must worry about protecting themselves in case of assault. We're ramping up security for protection so much that our schools resemble prisons. French philosopher Michel Foucault was on to something profound when he wrote "Discipline and Punish." If the state of our modern prison facilities resemble schools and vice versa, how might this contribute to student delinquency? If we aren't careful, our solutions to the problem of violence in schools will only facilitate the cycle of violence. Caging students into locked down institutions like animals will produce the very animals we fear.

I've written this before and I'll write it again. Each horrific story is connected; human beings are not as isolated islands and a society is only the sum of its parts. If one cog in the machine is faulty, there is much to be said about the machine in its entirety. Crime should be examined more holistically than it currently is. It is always easier to pinpoint an individual solely for their transgression without considering their background or the environment that bred them. Sentencing and conviction are simpler this way and we can collectively turn our backs to the transgressor and label them as defective. Imprisoning a human being in a 6x8 cell is not teaching them to value life, nor is it positively altering their mental state. Prison doesn't reform people, people do.

But instinct tells us to increase our security, to tighten the reins and get a firm handle on an uncontrollable situation. We're concerned about innocent children being murdered by their classmates, as we should be. Now is the time to introduce new modes of thought to confront New Age problems. This will not be easy. Still, we have to be prepared to abandon the familiarity of the social structures and systems we know today.

As students on campus, our connection to each other is especially strong. We are all here for a common goal: to educate ourselves, to graduate. I remain hopeful that our university will produce future leaders that will make positive changes to the world as we know it. Maybe the future is brighter than I can imagine.

The Pokémon franchise keeps evolving

New Pokémon versions take over the Nintendo DS console

By William Carleton
CONTRIBUTOR

"Pikachu used thunderbolt! It's super effective!" Chances are that these two sentences bring back some fond memories for anyone who grew up in the 90s.

Game Freak's creature capturing, battling and trading series has returned yet again for its sixth generation on the Nintendo 3DS. These two new versions, titled Pokémon X and Y, hold up well against the formula that fans have come to enjoy and advance the series in a new direction.

On a more superficial scale, X and Y have made a huge jump in graphic quality compared to past entries. This is to be expected considering its release on a newer platform. Previously pixelated buildings and people are now much more detailed and pleasing to the eye. Pokémon are also more detailed in battle and more animated as they fight.

Players have more freedom in customizing their character, allowing for differences in hair and eye color, skin tone and the ability to change their character's clothing along the journey. Though many of the clothing changes are small and other traits are simply differences in color, this shows noticeably more effort on visuals than the standard male and female models.

There is also more attention given to the fictional world the characters inhabit. Though much of the game still retains the bird's-eye view used in the past, some areas, such as Lumiose City, allow the camera to settle down to a more horizontal plane. This viewpoint was experimented with in Pokémon Black and White, released in 2011 on the Nintendo DS, and has become more prevalent in X and Y. From this perspective, the player explores the city at a more natural view and feels more immersed in the world.

Improvements to the game's graphics definitely add to the tone of the new Kalos region, based on parts of Europe, mainly France. Players will explore many areas, from big cities to ancient stone ruins, as well as take a rest at cafés and shop for more fashionable clothing.

Some of the areas contain pieces of art and furniture that look impressive given the game's fairly cartoony style. The architecture of the fancier buildings, quaint towns and

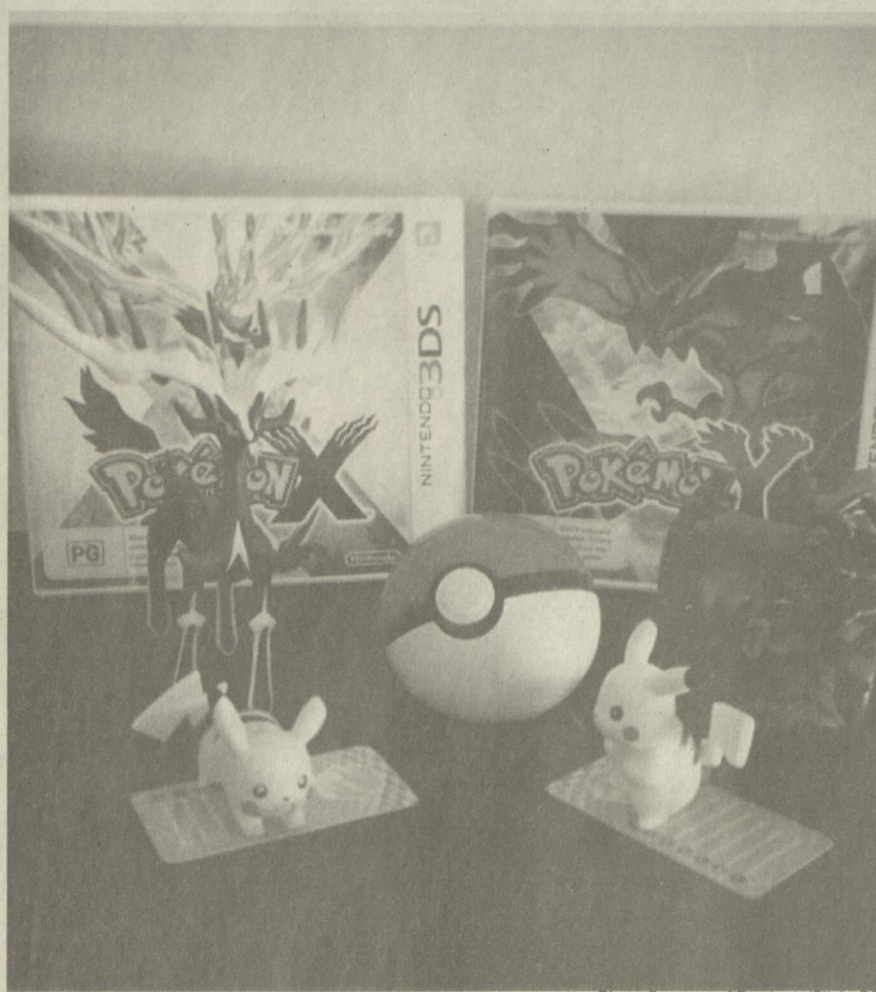


Photo Courtesy of Randante/Flickr CC

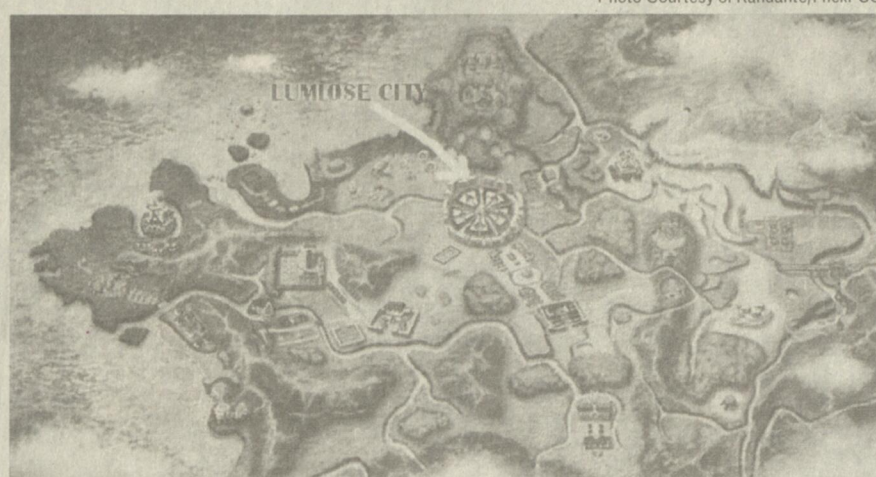


Photo Courtesy of Myproffs2012/Flickr CC

Top: The new Pokémon X & Y boxed set. Bottom: One of the newest destinations in Pokémon X&Y, Lumiose City

The fairy type includes new monsters and even older creatures like Clefairy and Jigglypuff. Since this new type is strong against certain Pokémon and weak against others, figuring out when to use them and how to defeat them becomes an important adjustment. A new "mega evolution" mechanic can

geographical features gives this region a distinctly fresh feeling.

Not only are the visual aspects of the Pokémon world altered, but the mechanics of Pokémon battles have changed significantly. The biggest addition to this generation of Pokémon is the introduction of a new "fairy" type.

also be used for certain Pokémon. This allows them to temporarily evolve beyond normal capacity during battle, both increasing their stats and changing their abilities to make them much more threatening.

While the new mechanics and sheer amount of creatures - 718 currently available - may seem intimidating to some without much experience, the game is extremely manageable and user-friendly. Pokémon-Amie allows players to play with and feed their Pokémon to increase their battle capabilities, experience gains and to occasionally avoid attacks altogether as they become more affectionate toward the player. Players can use the stylus to hold food to their Pokémon's mouth, pet it and play mini-games to win more food and keep their creatures amused.

Super Training allows players to adjust their Pokémon's stats by playing mini-games. This marks the first time in the Pokémon series game history that raising Pokémon stats is transparent. Now gamers can raise their Pokémon to specialize specifically in stats of their choosing.

To make things even more streamlined, an item called the EXP Share can distribute points to level up all Pokémon in your team during battles, even if they remain safely in their Poké Balls for the whole fight.

This game is great in many ways, but it has downsides as well. Using Pokémon-Amie, Super Training and having the EXP share turned on make it incredibly easy to defeat most NPCs. These enhancements could detract from the gaming experience in the process. Luckily, all of these features can be ignored, or turned off in the case of the EXP Share, making the game accessible for beginners and veterans.

The game itself also ignores the 3D effect of the Nintendo 3DS system quite frequently. The entire overworld and double battles do not make use of the effect, leaving only one-on-one battles and some areas like caves with the special effects.

While not using an optical illusion doesn't detract from gameplay, the fact that this "all-new 3D Pokémon adventure" is not always as advertised is a bit confusing.

Despite minor annoyances the game is just as fun, if not more fun, as it was before. Pokémon X and Y versions are truly must-buys for anyone with a Nintendo 3DS and some money to spare.

TORERO OPINIONS:

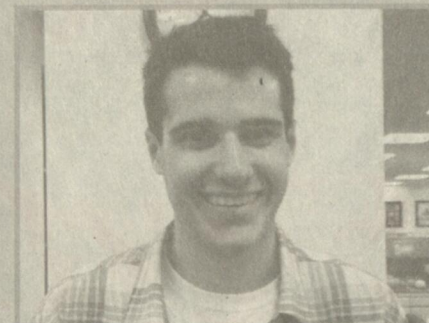
What is your worst Halloween memory?

Brooke Belanger
Sophomore

"I am from a very conservative country town in Oregon, so when I came to college and my friends convinced me to wear a short dress, I was a little put off. That was until I went to State and saw girls walking around in thongs, with the matching hat and bra, and I had no idea what to do. But the year before, I was an Avatar, and that was really cool. But it was problematic because I got blue paint everywhere. I was in high school, and I was a cheerleader and I couldn't get the paint off, so I ended up cheering a game with a half-blue and half-red face from trying to rub the paint off."

Alex Elizarraraz
Senior

"When I was in third grade, I think I was 8 or 9 I was dressed as a pirate to go trick-or-treating. There was this man who had a chainsaw who would chase you away if you tried to grab any candy. To me, he was really scary, but I really wanted some candy. So I tried to be super sneaky and go up to the house. I slyly go up to the candy, grab two or three, and then accidentally kicked something and he sees me. He chases me into the street with a chainsaw and I completely trip and just cried for like a solid hour. It was so terrible."

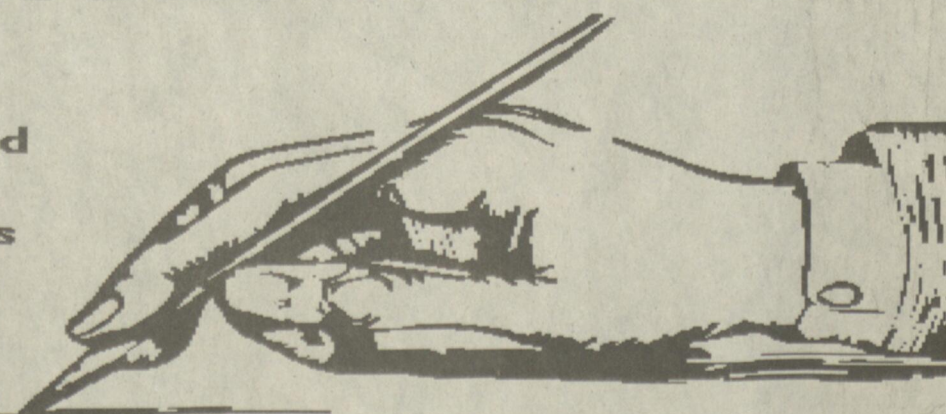
David Bittner
Senior

"In high school, there was this girl that I had a crush on, and she told me she was going to this Halloween party so I thought 'Cool, I'm going to go too.' So at the party we were talking and it was all fun, and then I went to the kitchen and come back out and I saw her on the floor, cause she has slipped and dislocated her knee. She was wearing socks on a hardwood floor so she slipped. Then it was awkward cause the party ended, and everyone had to leave. Also, the last thing her parents told me was, 'Hey, take care of her tonight,' and then she dislocates her knee."

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ARTS & CULTURE

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Tattoo Thursday: Tattoos and the stories behind them

By Allison Heimlich
CONTRIBUTOR

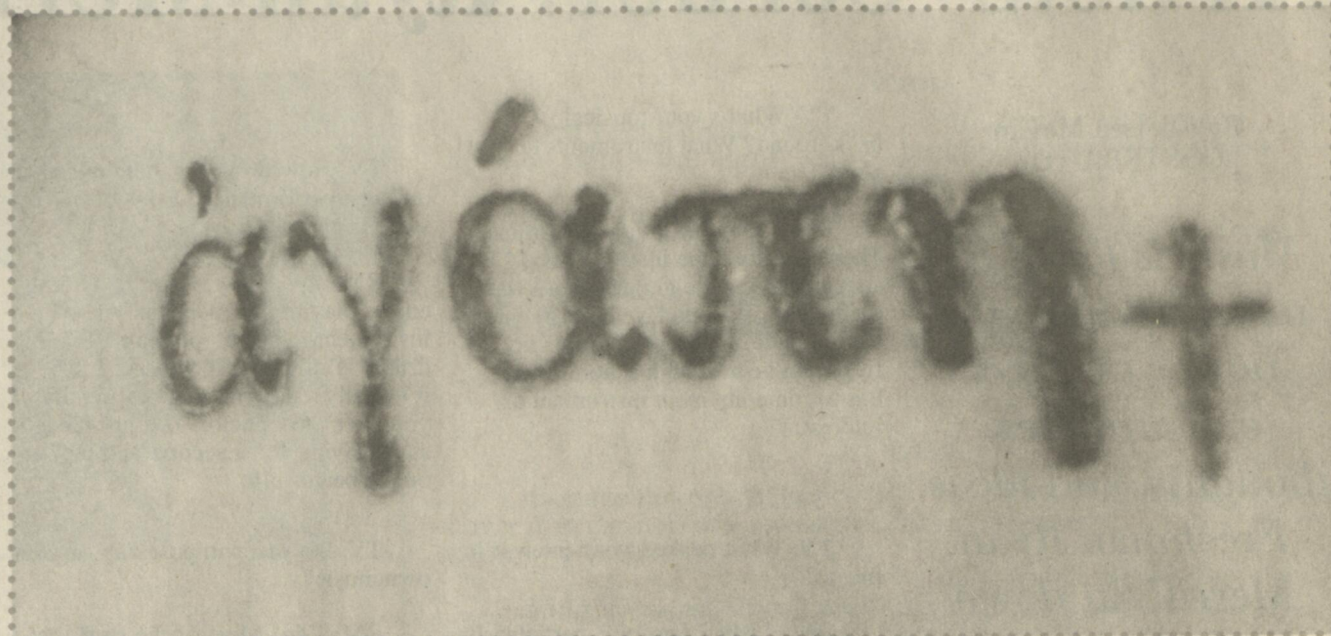
The art of tattooing was first practiced in ancient Asia. Now tattoos are prevalent in many modern societies, as the expression of art has spread rapidly throughout the world. The style of tattoo varies depending on culture or country. What further influences someone's decision to get a specific ink comes from personal reasons such as a person's beliefs, influences and sometimes simply their level of spontaneity. At our university many students have tattoos. Let's take a look at the location, reasoning and stories behind them.

In light of her recent 19th birthday on Oct. 20, sophomore Alex Guendert recently got a tattoo of "agape," the Greek word meaning love. "My tattoo is on my rib cage because I know the stigma of having tattoos and I want to make sure if I have a professional job it will be in a place I don't have to work hard every day to cover it up. Once I get older if I don't want it to be seen, it won't be seen. And it's more of a personal thing too," Guendert said.

Getting a tattoo did not just entail walking down to a parlor and purchasing one. She had been thinking about it for a while.

"I've always wanted a tattoo because my cousins are covered in them and I've always liked them," Guendert said. "I knew I was for sure getting one on my 19th birthday when my parents said they would still pay my tuition if I waited a year and thought about it. That was on my 18th birthday."

Studies by the Pew Research Center show that not only are people more prone to get a tattoo once they've already gotten one, but also that 32 percent of people who have a tattoo claim to be addicted to ink. Guendert

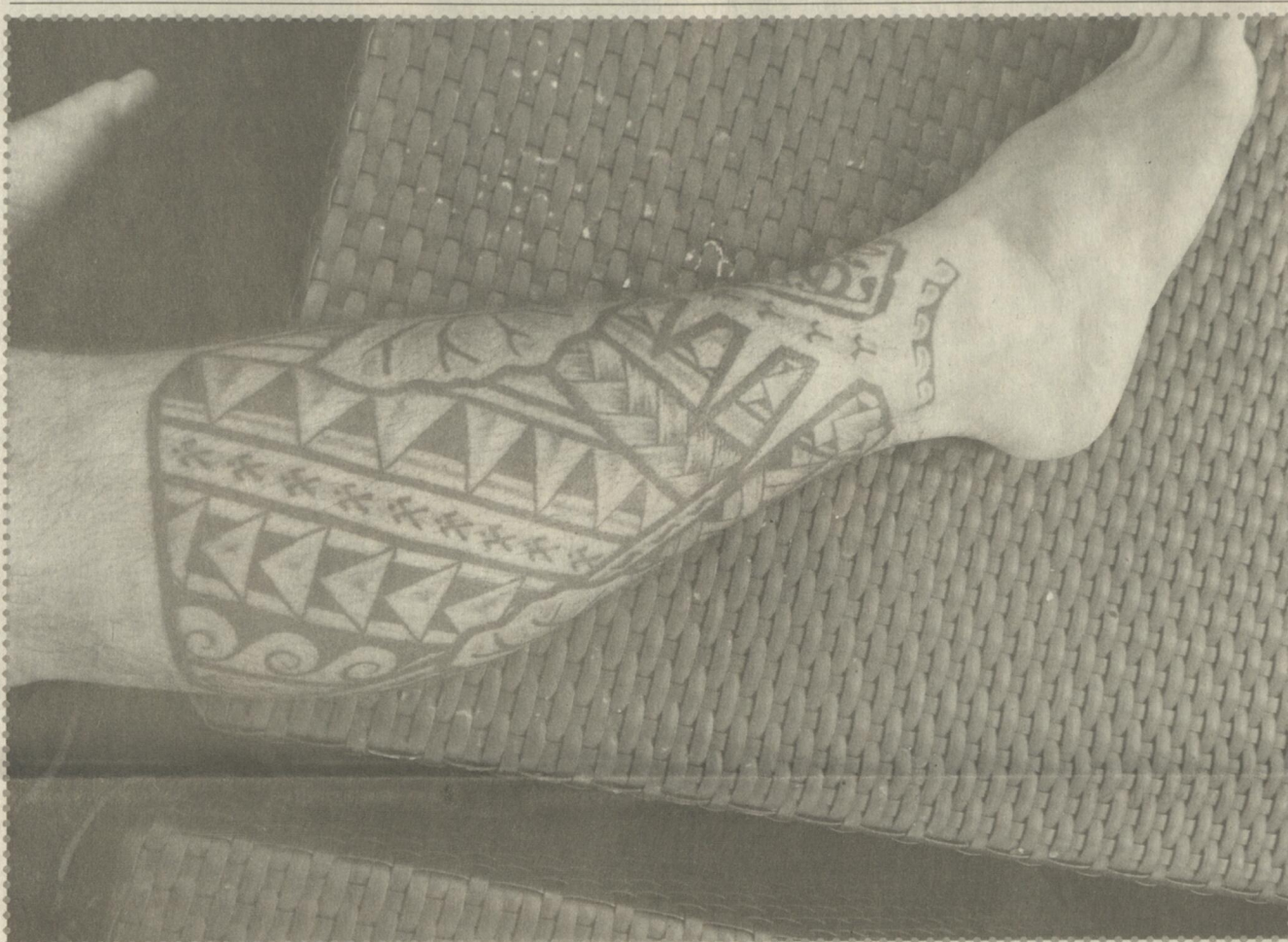


revealed her thoughts about getting more ink and whether it's a possibility for her future.

"I may get one more, but not for at least a couple of years. I am not planning on continuing to get many. I like to keep it simple."

Guendert's faith was a major factor in her decision to get the word "agape" inked permanently. The word "agape," traditionally associated with Christianity, refers to faith and spiritual love. "I believe that if I am going to have a tattoo on my body permanently

it needed to be something important to me. Faith is really important to me and I thought it would be a good idea to get something religious to show my belief in God. So I researched the word agape. It's so simple but it means so much to me."



Sophomore Pono Keni's intricate tattoo represents the strong ties he has to his family.

"My cousin, my best friend and I grew up together and we all wanted to get a tattoo to symbolize our bond because everyone was going their separate ways after high school. My cousin and I each got it on our leg and my best friend got it on his arm."

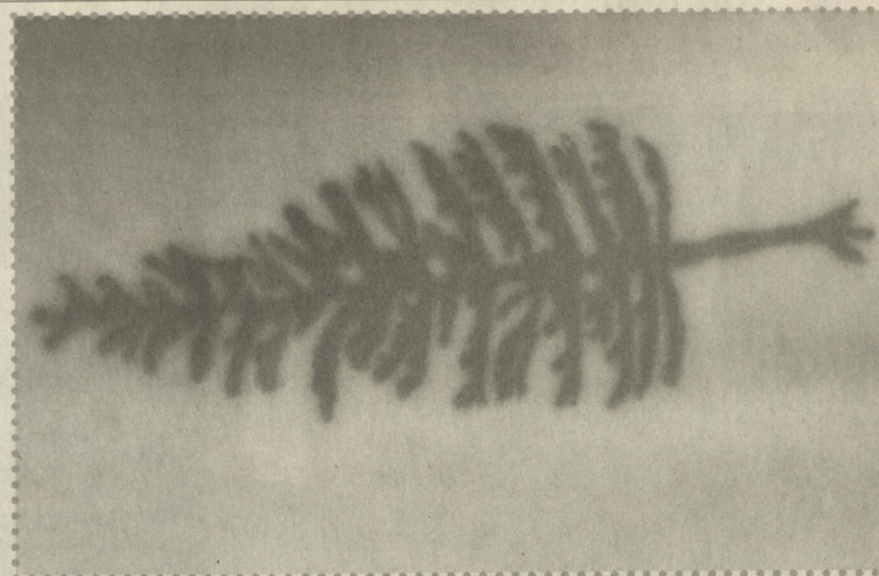
Keni's tattoo is very elaborate with many different meanings attached to it. He went into more detail about how his background heavily influenced the design of the tattoo. "The Lauhala mat

represents the unity between [us] three guys, and the Kalla leaf represents the kids in our family. Aumakuas—the shark teeth—symbolize a god-like figure looking over you, because my family symbol is the shark. The triangles up higher—imua—mean always going forward and never going backward. Finally, the waves at the back are because I like the ocean," Keni said.

The likelihood of getting another tattoo seems very good for Keni, who confessed his infatuation with ink. "It's addicting; once you get one and see

how good it turned out you want more. I don't know, I like tattoos now," Keni said.

The process of getting a tattoo was thoroughly planned. He spent years thinking about the meaning and design. "I always wanted one, but started designing this thing second semester of my junior year and didn't finish until the end of my senior year because I had to look into all the Hawaiian art books and history books to figure out what everything meant," Keni said. "It took me so long because I'm a horrible artist."



Photos Courtesy of Allison Heimlich

Junior Jenna VonDrasek, who has a tattoo of an evergreen tree, said her initial thoughts of getting a tattoo began long before she made it permanent. "I've always been really attracted to the tattoos as a form of artistic expression. I'd say my first thoughts were inspired by family friends who designed their own tattoos to represent different meanings. My older cousin, Jessica, designed a tattoo of forget-me-not flowers that wrapped around her rib cage, representing each member of her family. It was made up of beautiful purple and blue colors. I knew I wanted one too, I just wasn't 100 percent sure of what," VonDrasek said.

Though she was initially attracted to tattoos for their beauty and artistic merit, her reasons for getting her tattoo were not so simple. "A couple of years ago, my mom received a grant from the government to move to Prague. About that same time, my sister was starting school in Michigan and I was returning to San Diego for school," VonDrasek said. She considers her sister and mother to be her best friends.

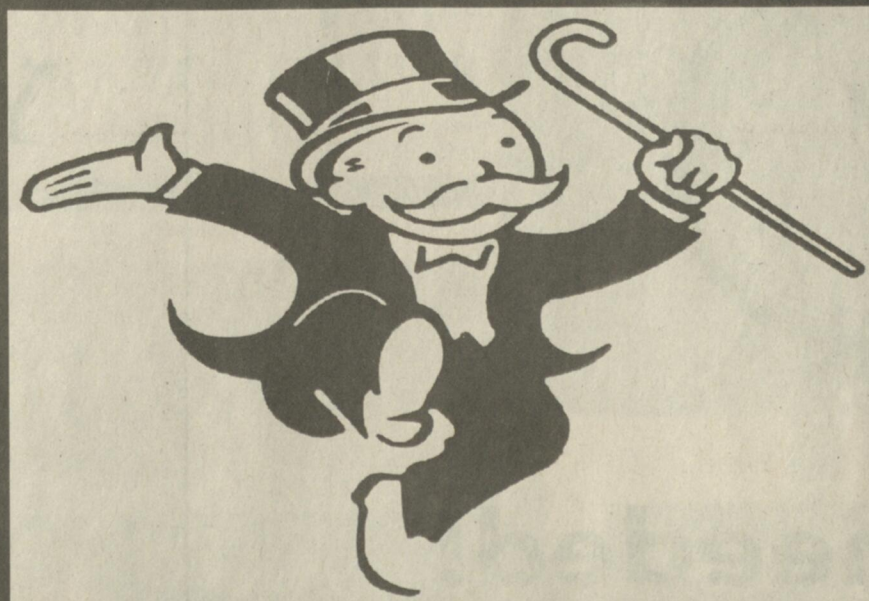
Her tattoo is a manifestation of the bond shared between the three women. She described the moment she decided to get a tattoo while sitting under an evergreen tree outside of her summer cottage in Wisconsin.

"It represents the bond between us and that no matter where life takes us, our roots remain at that place," VonDrasek said.

VonDrasek's decision about the location of her tattoo was carefully thought out and holds a special meaning to her. "I chose to put it on the inside of my ankle to represent that I am rooted by my family. It is on the inside to show that the meaning behind my tattoo is internal. It is there for me as a reminder to stay true to myself and that it is unaffected by the outside world or obstacles," VonDrasek said.

She is currently in the process of designing another tattoo and admits she is inclined to get more. "It's a way of documenting the beautiful things that happen to you," VonDrasek said.

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ARTS & CULTURE

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Artists' Corner: Ryan Merrill, Musician

By Chelsea McLin
CONTRIBUTOR

Music is loved by many and has the power to affect our attitudes, thoughts, and ideas. Freshman Ryan Merrill sat down with the Vista to share his experience with music and the impact it has had on him.

TV: What's your musical background? What instruments do you play?

RM: I play the guitar and drums. Those are my main instruments. I started playing the guitar when I was eight years old, and I've been playing it ever since. I picked up drums my freshman year of high school, which has become my main instrument of interest.

TV: What peaked your interest in music?

RM: My family, particularly my dad, is what got me interested in music. I grew up listening to The Beatles because my dad was obsessed with them, and I didn't have much of a choice. I listened to nothing but The Beatles up until the eighth grade when I got my first iTunes gift card and I could purchase my own music.

TV: How do you handle mistakes during a performance? Do you ever get stage fright?

RM: No, no I don't. I really enjoy playing. It depends on which instrument you're playing. Playing drums is difficult. If you get off beat, it's really embarrassing, especially if you have a conductor. You just have to stop playing for a second and pick up on the beat again.

TV: Do you compose any of your own music?

RM: I do! Most of the stuff that I play is my own work. I enjoy playing other people's music, like bands that have already written songs, but I prefer to listen to what they wrote and analyze what they did to make their song an attractive piece of music. Then I'll try and take those elements and put them into what I write. Pretty much everything I play is something I wrote. I rarely play anything someone else wrote unless it's religious music.



TV: That leads me to my next question. You're obviously a huge Beatles fan, but are there other artists that inspire you?

RM: I'm a Beatles fan. I like them a lot, but I'm an avid fan of rock 'n' roll. I enjoy listening to the Foo Fighters, Alter Bridge, Shinedown. I also like some jazz, so musicians like Frank Sinatra, Tony Bennett, Michael Bubl , and Paul Anka really inspire me.

TV: Would you say that religion plays a huge part in your music?

RM: I wouldn't say I'm too religious, but I do enjoy playing music for Mass and prayer services. I like the fact that music helps other people with their experience. That's something I really like about music in general. It's something you experience. It can change you. I think doing that for church-related events will help other people experience music and God together. That's why I play at Mass.

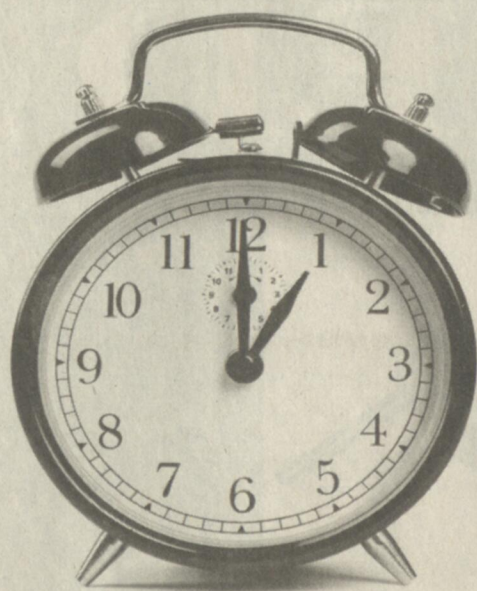
TV: Finally, what advice would you give to those who want to get involved with music?

RM: If you want to play music, pick up an instrument and test it out and just listen to the music. That's something I've found that always works. Learn the basics, feel it in your heart, and just feel the music.



Photos Courtesy of Chelsea McLin

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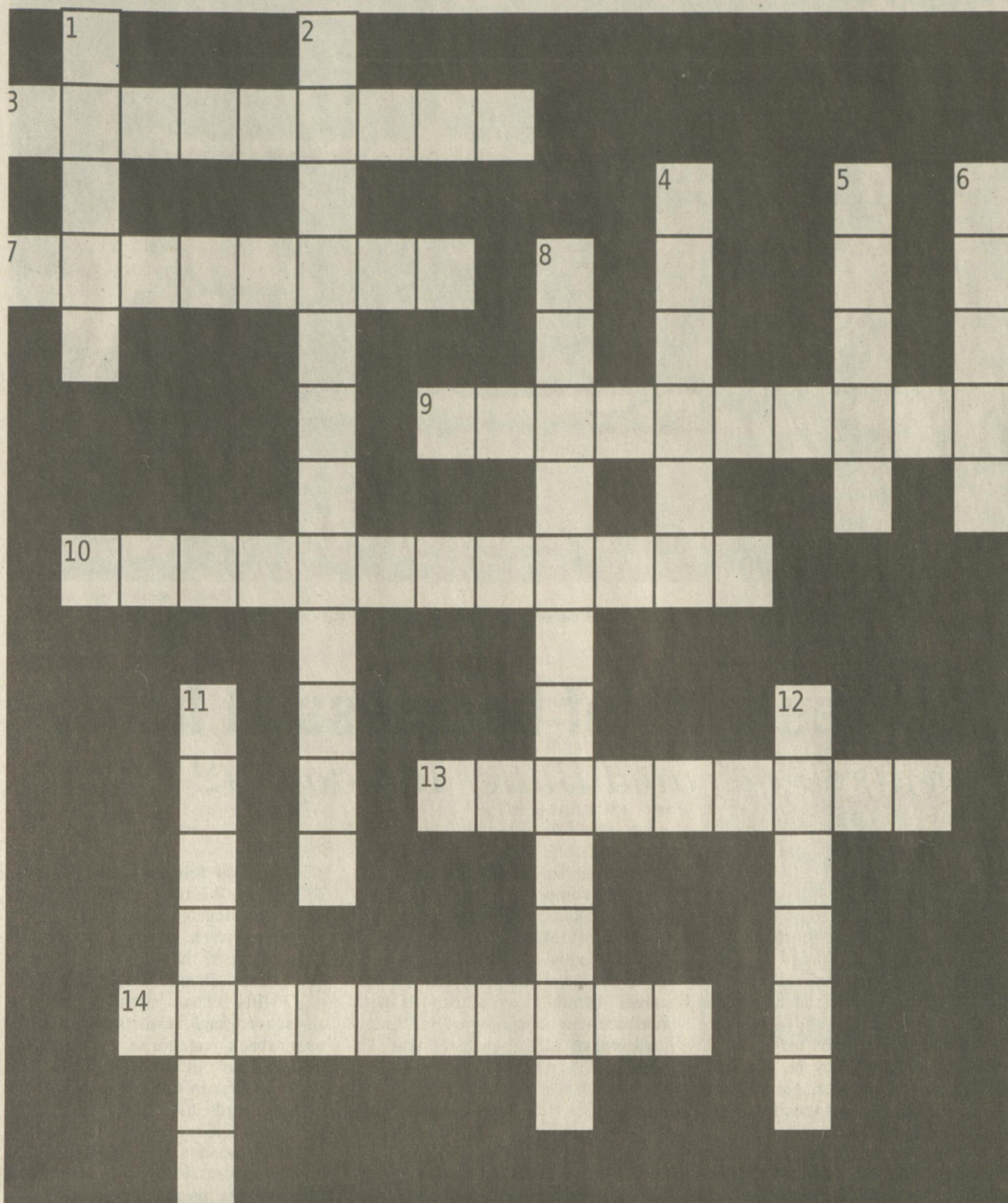
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To enter to win, use #USDVista. It does not have to be related to USD or The Vista. The winner's photograph will be posted in next week's issue.

ARTS & CULTURE

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SPOOKY HALLOWEEN CROSSWORD



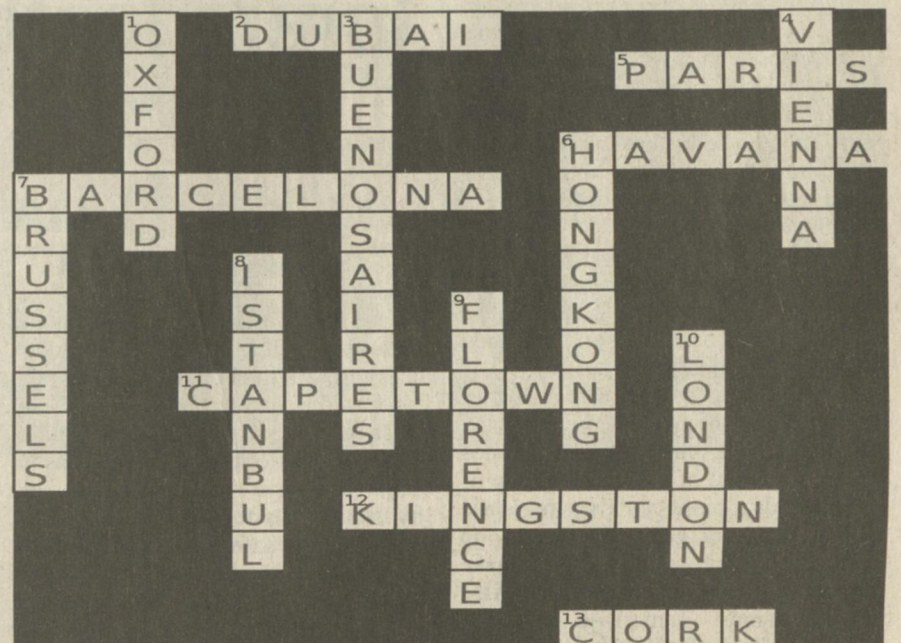
Across

3. Don't get caught in one of these on Halloween night
 7. Make sure not to let this cross your path
 9. Classic Halloween movie telling the tale of Thackery Binx
 10. Freaky mirrors and buckling floors...enter if you dare
 13. Tri-colored sweet treat
 14. Sure to be one of this year's most common costumes

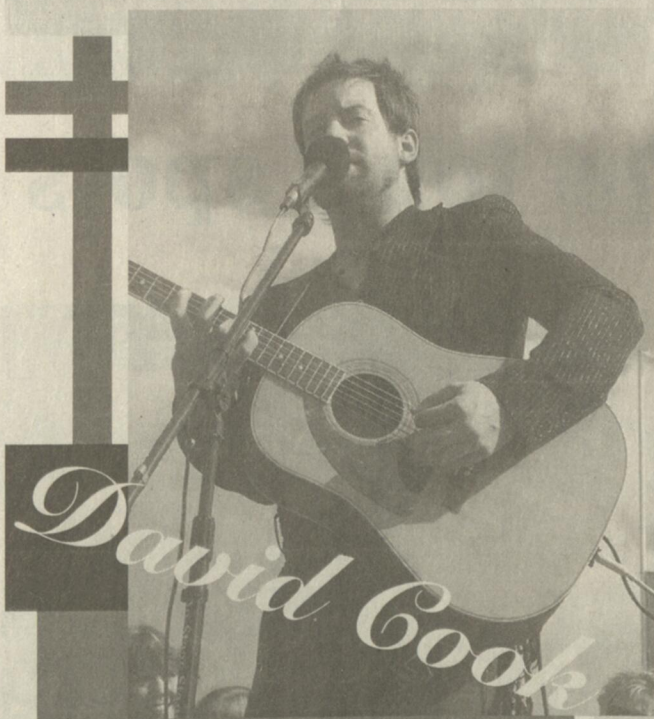
Down

1. Bob for this snack, or cover it in caramel for a sweet treat
 2. Ring the doorbell and use this phrase
 4. Studies call this the most popular Halloween candy
 5. Most popular costume of 2012
 6. Don a sheet for this classic costume
 8. Carving these is the highlight of many children's holiday
 11. Join the likes of Dracula and Edward Cullen with this costume
 12. Coming back from the dead to haunt your dreams

Answers from last week's crossword



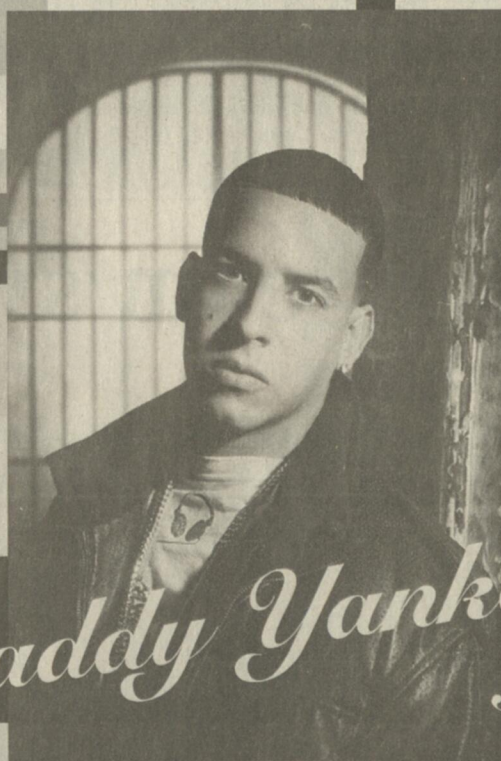
What's happening this week?



David Cook

Image by Lacats98/Wikimedia Commons

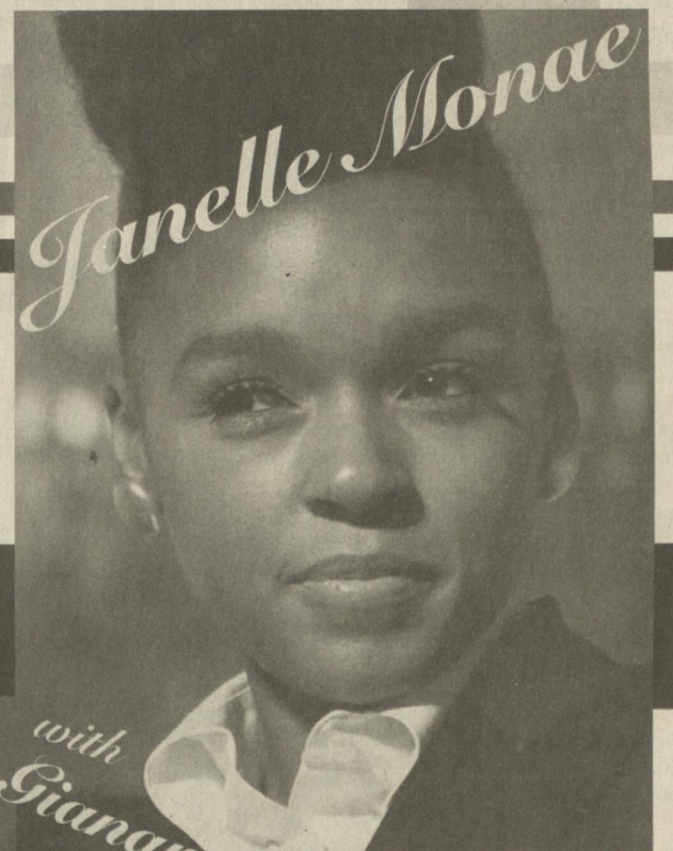
NOVEMBER 2ND
THE GRIFFIN
7:30 P.M.



Daddy Yankee

Image by Nidheesh.mp/Wikimedia Commons

NOVEMBER 2ND
SPRECKELS THEATER
9:00 P.M.



Janelle Monáe

Image by Jmabel/Wikimedia Commons

NOVEMBER 6TH
HOUSE OF BLUES
SAN DIEGO
7:00 P.M.

NOVEMBER 2ND
HOUSE OF BLUES SAN DIEGO
6:30 P.M.

NOVEMBER 5TH
BALBOA THEATRE
7:30 P.M.

Bernhoft
with
Sivert Koyem



Image by Cinemantique/Wikimedia Commons

Switchfoot

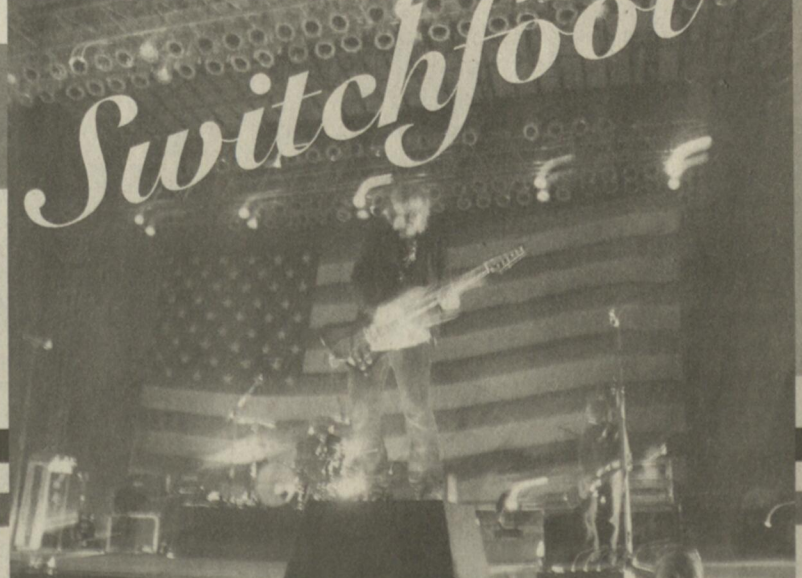


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Colleen Byffington/The Vista

SPORTS

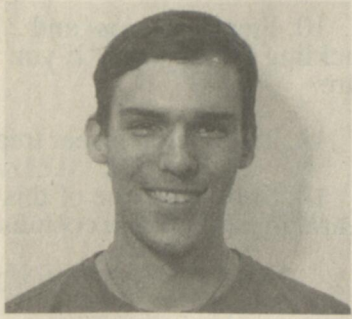
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What's in a name?

By Davis Jones
SPORTS EDITOR

The commentators for the Boise State University Broncos and the Brigham Young University Cougars football game last Friday spoke of BYU head coach Bronco Mendenhall's full name late into the second half. It's not like they needed to separate him from anyone with the same name. Besides Rashard Mendenhall from the NFL's Arizona Cardinals, the only two entries that show up on a Google Search are Mendenhall Middle School in Greensboro, NC, and Mendenhall Inn in Pennsylvania which apparently is big into weddings.

I investigated. Marc Bronco Clay Mendenhall was born on Feb. 21, 1966. He's the younger brother of Washington Redskins player Mat Mendenhall, and his brother Marc once took home the Mr. Utah bodybuilding title. His dad Paul played defensive end in college in the fifties.

All happen to be testosterone filled occupations. No testosterone-filled names. Except for Bronco. The man took the name of an untrained horse that habitually bucks.

Not to say that one name is better or worse than the other. Take away the meaning, and a name is in its essence a rearrangement of letters, a line-up of syllables. It's more my own response to watching my generation come up with lineups of syllables that make for better X-Box gamer tags and AIM screen names. Tamerlane? Kel-El? Jermajesty? Abcd? 'Bronco' belongs in a pasture, not on a postcard.

Throw sports in the mix, though, and suddenly the boundaries for what you can name a child take complex expansions. commitment and an unyielding will to excel. We wonder how much doubt really floated around in Papa Ferguson's mind, then, that his little D'Brickshaw would grow up to be a 6'6", 320lbs. brick house of an offensive lineman for the New York Jets. It's possible that a properly-placed name gives just enough nourishment for a promising young athlete to believe he was predestined to dominate his sport as an adult. Some names stick specifically to their game. Buster Posey = great for baseball. Cristiano Ronaldo = born for soccer. Metta World Peace = not exactly sure. Philanthropist?

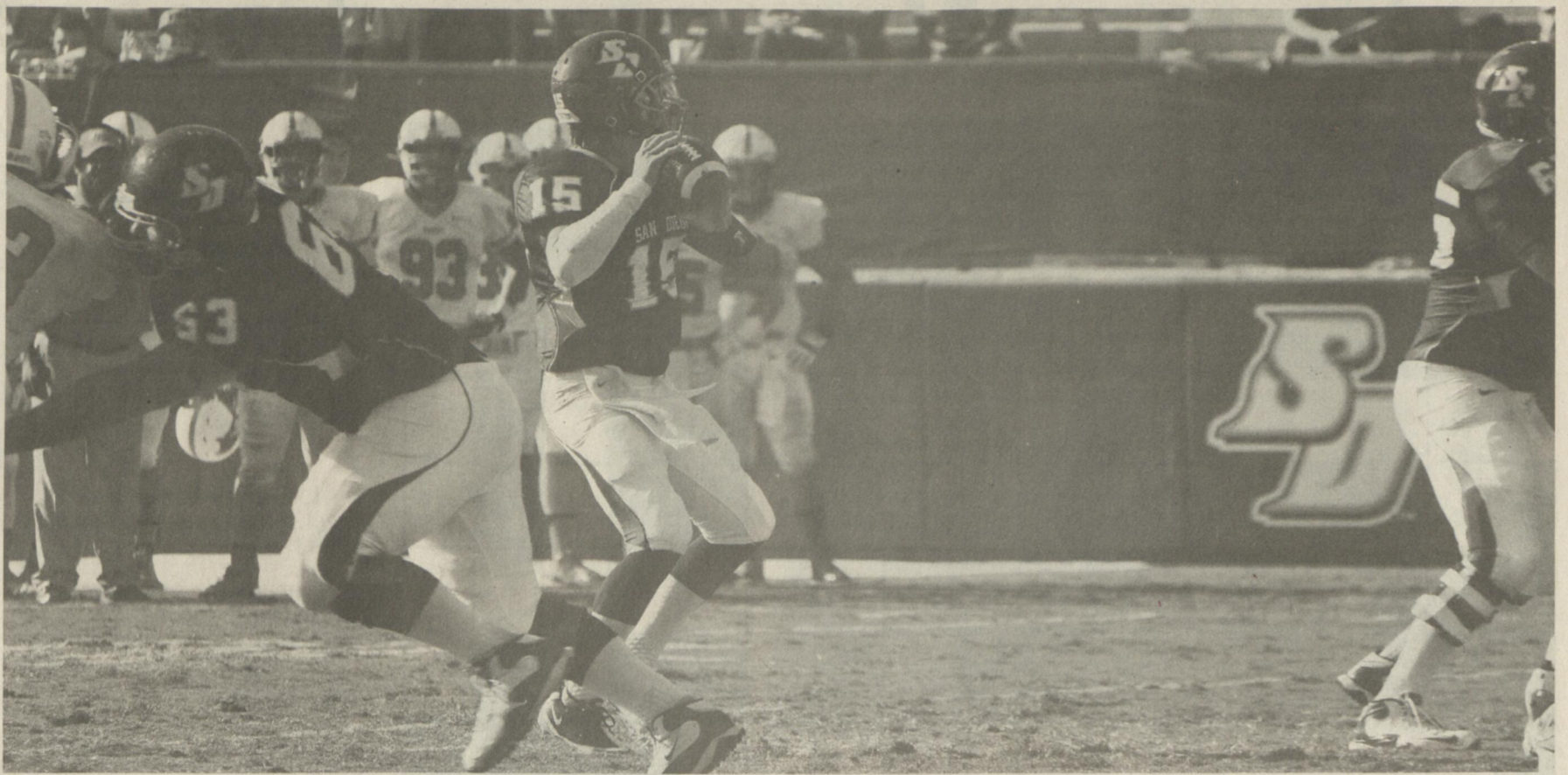
For me, any name taking after a wild animal sounds excessively imposed. Mendenhall probably decided to change it himself, but the name still forces an uber-masculine fulfillment that leaves no room for assimilation in any arena outside of sports. It's ego Miracle-Gro in a prison cell, feeding a sports dream to grow bigger and bigger until – even if the dream actually happens – it hits the wall of its legitimacy in other areas of life. The thought that Dr. Bronco will see me now fails to provide me comfort. I get frightening images of horse tranquilizers instead.

And yet I imagine all of this. None of it is necessarily true. Bronco Mendenhall might be the league's kindest soul. Names can unfairly render an outline of another's personality before I even meet them. My inability to get over Bronco as a ridiculous name and a reflection of a more ridiculous character is completely my own, and I should take a hard look at myself if I think any trait I associate with Mendenhall is actually true just by virtue of what he writes on a nametag.

Still, it's a weird coincidence that Bronco likes nametags shining back a person's essence. BYU released news on Aug. 9 that he switched the last names on his players' jerseys before team photo day to words like 'tradition,' 'spirit' and 'honor,' all descriptions that honor the values of the football program.

Part of me believes, then, that Bronco has willingly opened himself up to a free interpretation of his own name, whatever connotations that might bring. I also don't feel as bad if they are connotations of self-indulgence and cheesiness – a similar cheesiness that led his players to vote against his jersey change later that day and keep the regular names on their backs.

Then again, people always mistake my name for David; I'll have liberty to comment on names as soon as I can get my own right.



Mason Mills drops back for a pass during a previous game against Marist College. Mills set several USD career passing records during USD's last game against Butler.

Photo Courtesy of Taylor Washington

Torero football takes care of business at home

USD football beats undefeated Butler Bulldogs 42-14

By Hunter Jameson
ASST. SPORTS EDITOR

The Toreros took on the undefeated Butler University Bulldogs at Torero Stadium on Saturday and the team came out ready to play. They were able to prove the crowd with its strongest performance of the season. This offensive explosion was led by senior quarterback Mason Mills, while junior safety Matt Miller took command of the defense. The Toreros came into the game with a record of 3-1, and a victory against Butler would give them a tie for first place in the Pioneer Football League.

The Toreros got the ball early in the first quarter when Mills connected with junior wide receiver Brandon White for a seven-yard touchdown. Shortly after, senior running back Joe Ferguson had a seven-yard touchdown run, making the score 14-0 in favor of USD. The passing attack was on fire in the second quarter with Mills tallying three more passing touchdowns to his career total. Junior receiver Reggie

Bell caught a 40-yard touchdown to make the score 21-0. Mills would also connect with seniors Sam Hoekstra and Lawrence Larivee for touchdown passes of 54 and five yards.

The Bulldogs finally got on the board with a three-yard touchdown run by junior quarterback Matt Lancaster. At the half, the Toreros led 35-7 and Mills showed just why he is USD's all-time passing leader, going 15-19 for 297 yards and four touchdowns in the first half alone.

The second half was very defensive oriented, as there were just two total touchdowns between either team. Butler scored first when Lancaster connected with senior receiver Brendan Shannon for a nine-yard touchdown.

USD had their final score of the game on a six-yard touchdown from Mills to White. Neither team scored in the fourth quarter, making USD victorious and grabbing a share of the Pioneer Football League lead with Butler, Dayton and Marist. Each team has an identical league record of 4-1.

The Torero offense produced some very impressive statistics on the day, but also saw career milestones achieved. Hoekstra caught nine passes for 175 yards and a touchdown. He now has over 2,000 yards on his career. White also contributed with two receiving touchdowns. For Butler, quarterback Matt Lancaster was 25-41 for 251 passing yards and one touchdown.

USD's defense came ready to play and held Butler to 14 total points. Junior safety Matt Miller led the charge with 13 tackles, one forced fumble and a pass break-up. Senior linebacker Zach Devaney had 10 tackles and junior Troy McClelland had an interception.

Mason Mills was the star of the day by far, going 26-36 for 407 yards and five touchdowns. With these statistics he also achieved several USD passing records. He now has 816 completions, 1,226 attempts and 10,204 passing yards. The only major passing record not owned by Mills is the career touchdown number,

held by Josh Johnson with 113 from 2004-2007. Mills is currently at 84 career passing touchdowns. With the impressive week, Mills was named Co-PFL Player of the Week, with Marist quarterback Chuckie Looney.

Mills has been productive all season and leads several major quarterback categories among PFL quarterbacks through eight games. He is in first in total offense (308.2), passing yards per game (321.0) and passing efficiency rating of 169.0.

Freshman punter Ryan Belden also received Player of the Week honors from his notable game against Butler. Belden averaged 46 yards per punt with two punts over 50 yards.

The Torero football team only has three more games before playoffs and needs to win all three to ensure a spot high seed in the playoffs. Up next on the schedule are the Valparaiso University Crusaders on Nov. 2, the Morehead State University Eagles on Nov. 9 and the Drake University Bulldogs on Nov. 16, the last of which is the team's remaining home game.

Men's crew team sweeps top 3 spots

By Julie Christen
CONTRIBUTOR

Last weekend the USD men's rowing team travelled to Sacramento, CA for the 2013 Head of the American Regatta. They competed against teams from Cal State Long Beach, San Diego State and seven other schools.

Entering three eights for the Open Eights race, the Toreros swept the top three slots. Head coach Brooks Dagman saw this race as an opportunity for his crew to see how their rowing has improved since the spring.

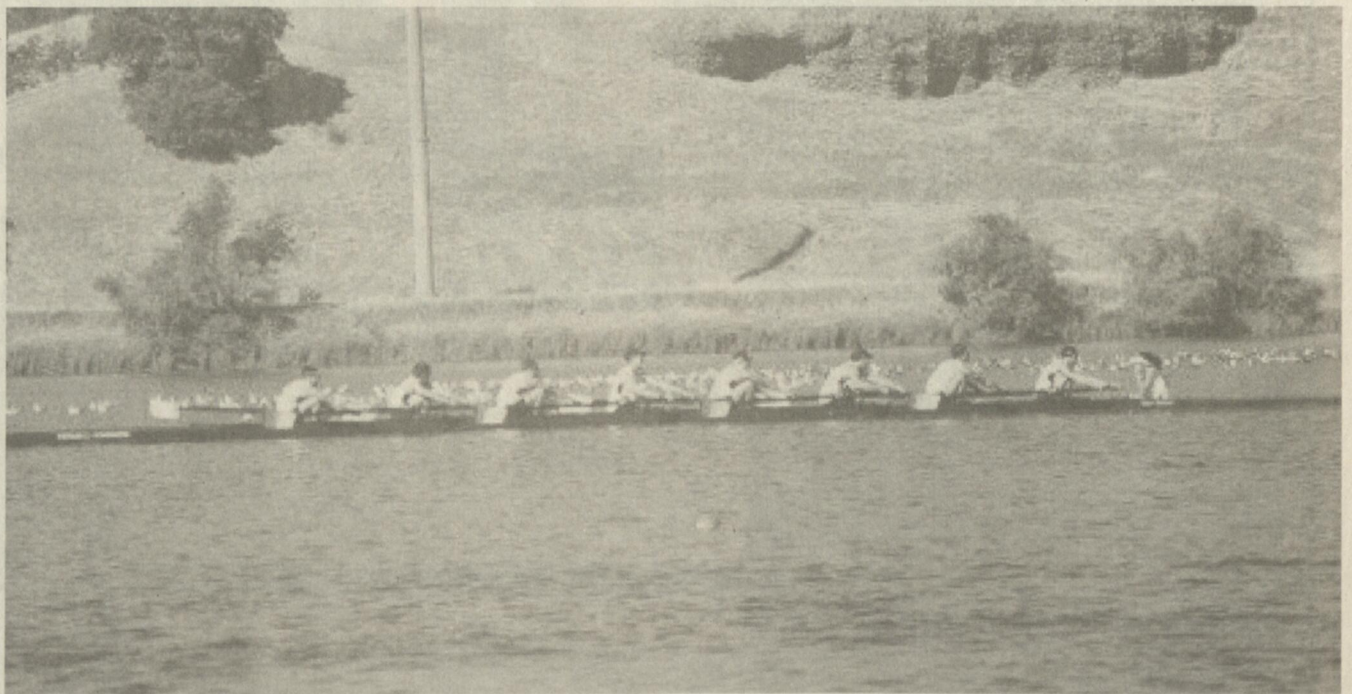
"We wanted to come out of the gate pretty hard and fast, and obviously that's paid off," Dagman said.

Rowing is a spring sport, but that doesn't mean these rowers take much time off for the fall. The IRA restricts practice time to a maximum of 20 hours a week in the fall. "As an endurance sport, we pretty much hit the max every week," Dagman said. "We want a good payoff and this way we get our recruited athletes much more involved and emotionally signed on when we go out and do well."

After a third-place finish at the 2013 WIRAs in the spring, just short of a nationals bid, the Toreros have been working hard to improve their speed and team dynamics for next year's season.

"We really felt we were in a better spot than UCSD going into that race and it didn't work out that way, but that's racing. This year we are trying to increase the depth of the squad and the quality down through the boats – which I think we've done – and also create a faster Varsity A boat. Last year we were only one percent off Gonzaga for team efficiency. We just have to go about one percent faster," Dagman said.

The plan was to take three competitive boats to Sacramento for the Head of the American, which took place a week after the Toreros' showing at the Head of the Charles in Boston.



One of the USD's mens eights row along the American River during the American Regatta in Sacramento. The three USD mens eights captured the top three spots during the regatta

Photo courtesy of Karen Sandy

The event was called by Dagman as one of the main races on the collegiate world calendar.

The results were described as 'astounding' by the head coach and were better than he or coach David Janiak could have planned for.

"I told the rowers when they went out on the water, 'You know, I think you're going to have a good day,' but my idea of a good day is watching them row really well," Dagman said. "What is impressive is they did exactly that."

Fall racing differs from spring in that the regattas take place on longer courses. The spring races are all 2Ks, or 2000 meters, usually on a fairly straight course. Essentially these races are a full sprint for around six minutes. The fall regattas are 5k, or 5000 meters, with staggered starts on courses that require more steering from the coxswains.

USD's Varsity A boat was granted

the first starting position, with the rest of the boats following in 10-second increments. The A entry consisted of coxswain Lauren Takahashi, Rory Kew, Henri Hicks, Gary Bastien, Will Bastien, Braeden Drouillard, Taylor Terheggen, John Bacic and Patrick McPolin. Even with a convincing finish, Dagman didn't know immediately that the Varsity A had taken first.

"It's hard because the race literally goes on for 15 or 20 minutes," Dagman said. "It's a gigantic parade of boats coming down the course. The moment I saw them clear the last turn I knew they were almost a minute up on the next boat. I was like, 'Okay, it's done.'"

The B entry comprised coxswain Torrey Ray, Ryan Sandy, Quinn Montgomery, Charlie Penn, Daniel Hearst, Brandon de Caussin, Anthony Mejia, Carlo Rivera and Joe Wier. They passed three boats during the race.

The C entry, or the freshman boat, comprised of coxswain Berkley Brown, Will Roman, Mike DeMaio, Nick Watson, Matt Kaumeryer, Parker Danz, Jack Polalsky, Luke Uetrecht and Pierce Salamack.

This boat passed five teams on the course, enough to clench third place. If the C entry had raced in the Freshmen 8 category, they would have taken first over Stanford with their posted time in this race.

But the Toreros didn't know their results immediately. Because of the staggered starts, it was impossible to determine where they had placed in regards to the other teams until the times posted. "We had to wait two hours for our result. It felt like a good race, and it was awesome to see that we had swept," senior Joe Wier said.

The Toreros take on rival team UCSD at the San Diego Fall Classic on Nov. 10 in Mission Bay.

NBA gets ready for the 2013-2014 season

Can the Miami Heat win for the third consecutive year?

By Matthew Roberson
CONTRIBUTOR

Last June all of America was on the edge of their seats watching LeBron James and his "super-team" in Miami take on the "old and boring" San Antonio Spurs in one of the best NBA Finals in recent memory. Since then the country has been deprived of basketball, and most Californians turned their attention to the red-hot Dodgers who just saw their season come to an end on the doorstep of the World Series. With the offseason comes forgetfulness, just as students fail to retain the information they learned during the school year. To recap – the Miami Heat are still champions, the heavily-hated on Dwight Howard is now playing center in Houston, Bulls' point guard Derrick Rose is finally going to return from his knee injury, Lakers' legendary guard Kobe Bryant should be back in late November from his own injury and the Brooklyn Nets brought in forwards Kevin Garnett and Paul Pierce to make a run at the dominant Heat.

Locally, the state of California could potentially play home to three of the eight playoff teams in the Western Conference again – the Los Angeles Clippers, Golden State Warriors and Los Angeles Lakers all made the playoffs last year – and a Southern California product looks poised to become an All-Star. We'll highlight playoff predictions, award winners and marquee matchups in a preview of what should be a very exciting NBA season.

Team to Watch: Golden State Warriors

After spending so many years in Oakland as California's "other team," the Warriors broke out last year thanks to their sharp-shooting point guard Stephen Curry. The Bay Area was revitalized by the team, which had

made the playoffs only once in the previous 18 seasons. After defeating the Denver Nuggets in the first round of the postseason, the Warriors put up a great fight but ultimately lost to the San Antonio Spurs, the eventual Western Conference champions. This year Golden State added Andre Iguodala, a guard / forward who has averaged 15 points per game over the span of his eight year career and was a part of the gold medal-winning USA Basketball team at the 2012 Olympics. Iguodala will join an already solid roster which features big men David Lee and Andrew Bogut, dynamic perimeter players Klay Thompson and Harrison Barnes, and of course Stephen Curry. Look for the Warriors to improve upon their 47 wins from last season and make a deep run into the Western Conference playoffs.

Player to Watch: Kawhi Leonard

Last year America watched as 21-year-old small forward Kawhi Leonard drew the daunting task of defending Miami forward LeBron James in the NBA Finals. To the surprise of many, Leonard held his own, averaging 14 points and 11 rebounds per game during the epic seven game series. He also managed to hold LeBron under 20 points in three of the seven games. However, Leonard's performance came as no surprise to basketball fans in Southern California. During Leonard's time at Martin Luther King High School in Riverside, he won the prestigious Mr. Basketball award for the state of California in 2009. After graduating high school Leonard made the decision to travel 100 miles south and attend San Diego State University.

He enjoyed great success while a member of the Aztecs and earned all-conference honors in both his freshman and sophomore years at the school, leading to his selection in the first round of the 2011 NBA Draft. Leonard is quickly making a name for himself in the NBA, with his head coach Gregg

Popovich stating that, "as time goes on, he (Leonard) will be the face of the Spurs." Perhaps the highest praise Leonard has received came from future Hall of Fame shooting guard, Dwyane Wade. At the conclusion of last year's finals, Wade said of the notoriously

quiet Spurs, "They don't say nothing to you, they just kick your butt. Kawhi Leonard, I don't even know how he sounds. But he's a bad boy." If Leonard continues to blossom into a superstar, the whole world will soon know how he sounds.

Eastern Conference Finals: Miami Heat over Brooklyn Nets
Western Conference Finals: Oklahoma City Thunder over Golden State Warriors
NBA Finals: Miami Heat over Oklahoma City Thunder

COLLEEN BUFFINGTON/THE VISTA

2013-2014 NBA PREDICTIONS

EASTERN CONFERENCE

1. MIAMI HEAT
2. INDIANA PACERS
3. CHICAGO BULLS
4. BROOKLYN NETS
5. NEW YORK KNICKS
6. DETROIT PISTONS
7. BOSTON CELTICS
8. CLEVELAND CAVALIERS

WESTERN CONFERENCE

1. OKLAHOMA CITY THUNDER
2. SAN ANTONIO SPURS
3. LOS ANGELES CLIPPERS
4. GOLDEN STATE WARRIORS
5. HOUSTON ROCKETS
6. MEMPHIS GRIZZLIES
7. DENVER NUGGETS
8. LOS ANGELES LAKERS

MVP: **LEBRON JAMES**
FORWARD-MIAMI HEAT

ROOKIE OF THE YEAR:

VICTOR OLADIPO
GUARD-ORLANDO MAGIC

DEFENSIVE PLAYER OF THE YEAR:

JOAKIM NOAH
FORWARD/CENTER-CHICAGO BULLS

SIXTH MAN OF THE YEAR:

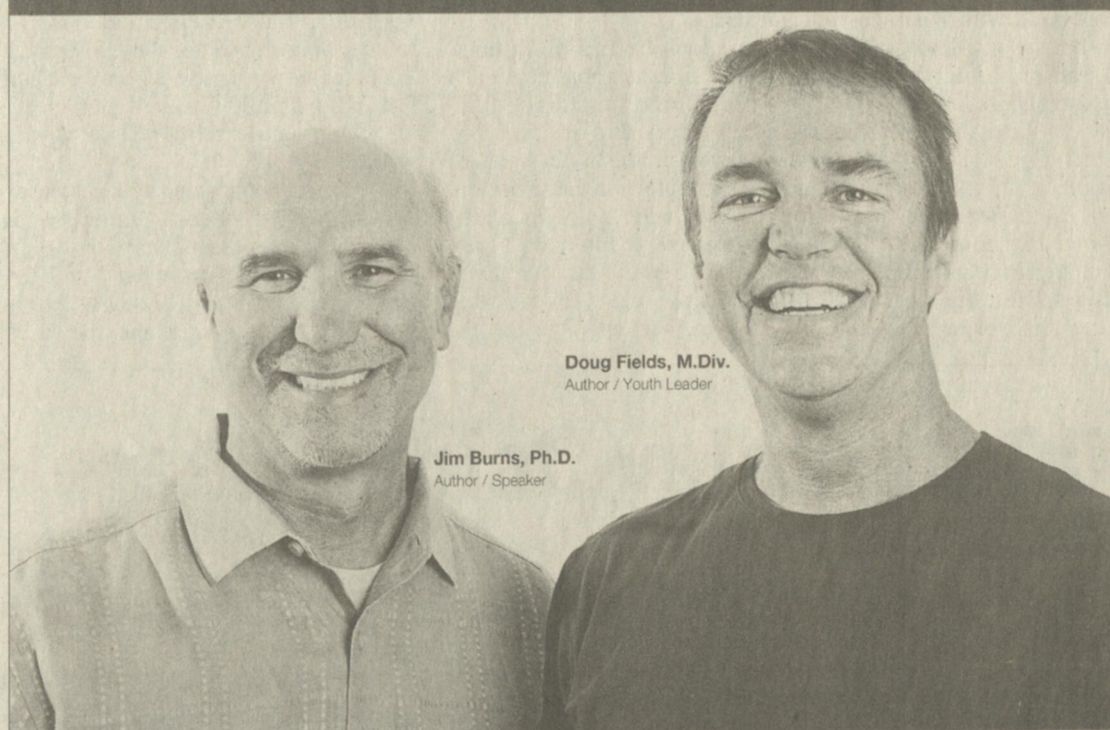
NATE ROBINSON
GUARD-DENVER NUGGETS

MOST IMPROVED PLAYER:

KAWHI LEONARD
FORWARD-SAN ANTONIO SPURS

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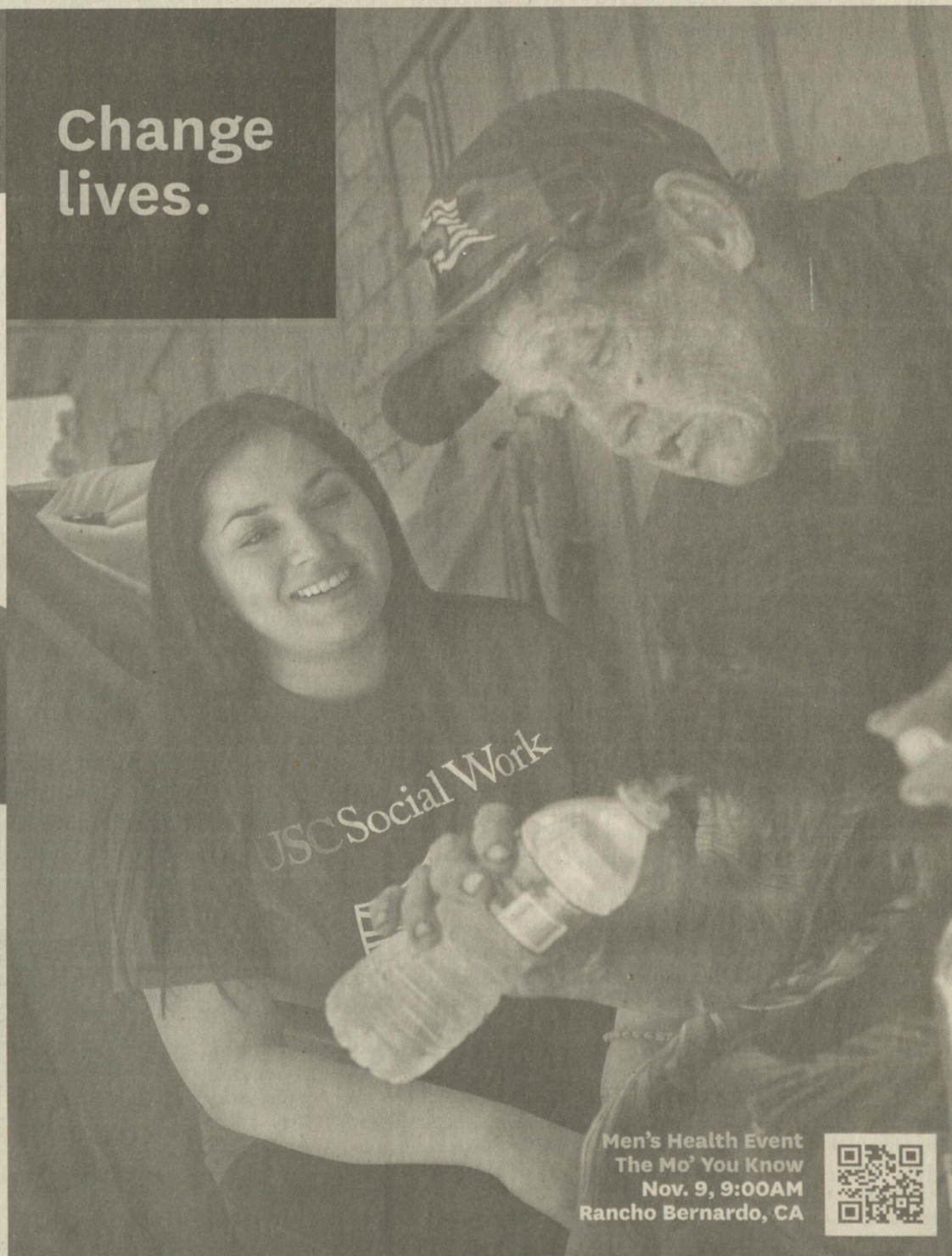


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Football filled with a family of fighters

Head coach Dale Lindsey speaks out on his battle against cancer

By Davis Jones
SPORTS EDITOR

Before the NFL offered him a paycheck to play or coach, USD head football coach Dale Lindsey wanted a spot on the local junior high football team in Bowling Green, KY as a 12-year old. He lived right next to the high school field where the ninth graders would practice. It was here where he sat and watched the team every day, longing that the coach would understand how, for Lindsey, age was just a number, just like the figure that backed the jersey he dreamed of wearing.

The practice always shifted throughout the few hours in the southern sun until the players would eventually end right in front of the Lindsey home. One day, the high school athletic director sat on the front porch with Lindsey's mother and father. He had seen their son play with the other boys. The 12-year-old showed some promise. The Athletic Director asked permission for their little boy to play on the junior high squad.

The woman who would later survive two bouts of cancer knew her answer: She wouldn't let her boy go down without a fight.

"The best example of how my mother viewed life was this," Lindsey said. "When that AD asked if I could play, my mom agreed. He told her that my father was against it."

'So? If he breaks his neck and dies, he dies happy,' she said. 'Let him play.' And she was the same woman in the stands at all my games who'd yell, 'Quit tiptoeing and start running!' She was merciless. My dad had a lot of sympathy for me. My mom had none."

Lindsey's mother discovered breast cancer in her body when she was in her early 80s. She remarkably beat her own odds, however, as she lived until the age of 93, a passing of what seemed to be caused by old age and nothing else. Despite once possessing growths on each of her kidneys that were shaped like 'little sacks of grapes,' she battled through her ailment with no chemotherapy or radiation up until doctors later discovered that the growths had vanished. "They were amazed," Lindsey said. "The growths actually went away. I mean, my mother was one tough woman."

The same could be argued for Lindsey's entire family. His former mother-in-law fought hard but passed away from two devastating bouts with cancer, one in her breast and another in her stomach; she was gone within six hours of her operation.

His cousin, who is still Lindsey's best friend since growing up together as children in Kentucky, discovered recently that he had cancer in his throat. Lindsey's ex-wife ran into her own diagnosis with breast cancer. Now Lindsey, who at 70-years-old

survived his most recent form of cancer in August with surgery on his ear, is the latest in a long line of relatives who won't easily give into cancerous circumstances.

"I was very lucky for stumbling in both times with very good doctors who were able to help me catch it," said Lindsey, who learned of the cancer in his bladder in 2006. "I originally went in the first time to have a kidney stone blown up. We always did a big-time physical in the NFL where they did a body scan, where they could detect plaque in your arteries. The doctors told me I had to take this test again because the results showed that I might have had a tumor. During the second test, I could see my own kidneys and my bladder. The tumor was about the size of a golf ball halfway down."

The doctors told Lindsey that they could eliminate the tumor as early as that next day. Lindsey agreed, and with the completed surgery came a confidence characteristic of his family: that anyone could toughen out an illness with the right amount of foresight and the right amount of will.

His story took a different turn just a few months ago, though, when he finally took notice of a spot on his ear that bled every time he tried to pick at it. He thought it might have been dry skin. After a trip to the dermatologist and a run of tests, Lindsey found another space of localized cancer. The infected area was deep enough that doctors needed two separate tries for his tested margins to run back clear. When asked about his reaction to the news, Lindsey admitted a certain fear that even a history of family toughness failed to hold back completely.

"Well, I always go in thinking that I'm going to kick its ass," Lindsey said. "But it was also like, 'Woah. This is the second time now. Will they be able to get rid of this?' I was thankful that it was pretty localized the second time. But if they would have had to cut my ear off, I would have been very upset. Not because of losing the ear, but because it was a sign that the cancer was spreading. Metastatic cancer is the worst thing I think I fear in cancer."

Those who know the experience of seeing this cancer's presence in a loved one have reason to fear it just as equally. According to the National Cancer Institute, metastatic cancer occurs when cancer cells spread to other parts of the body, including the bone, liver and lungs.

These cells generally look the same under the microscope as cells of the original cancer. The majority of detected cases come only from X-Rays and other tests, meaning that many unknowing victims begin actively fighting the disease's spread until it is much too late. Survival rates can range from a number of years to a number of days.

"It's a wake-up call for all of us when it happens," Lindsey said.

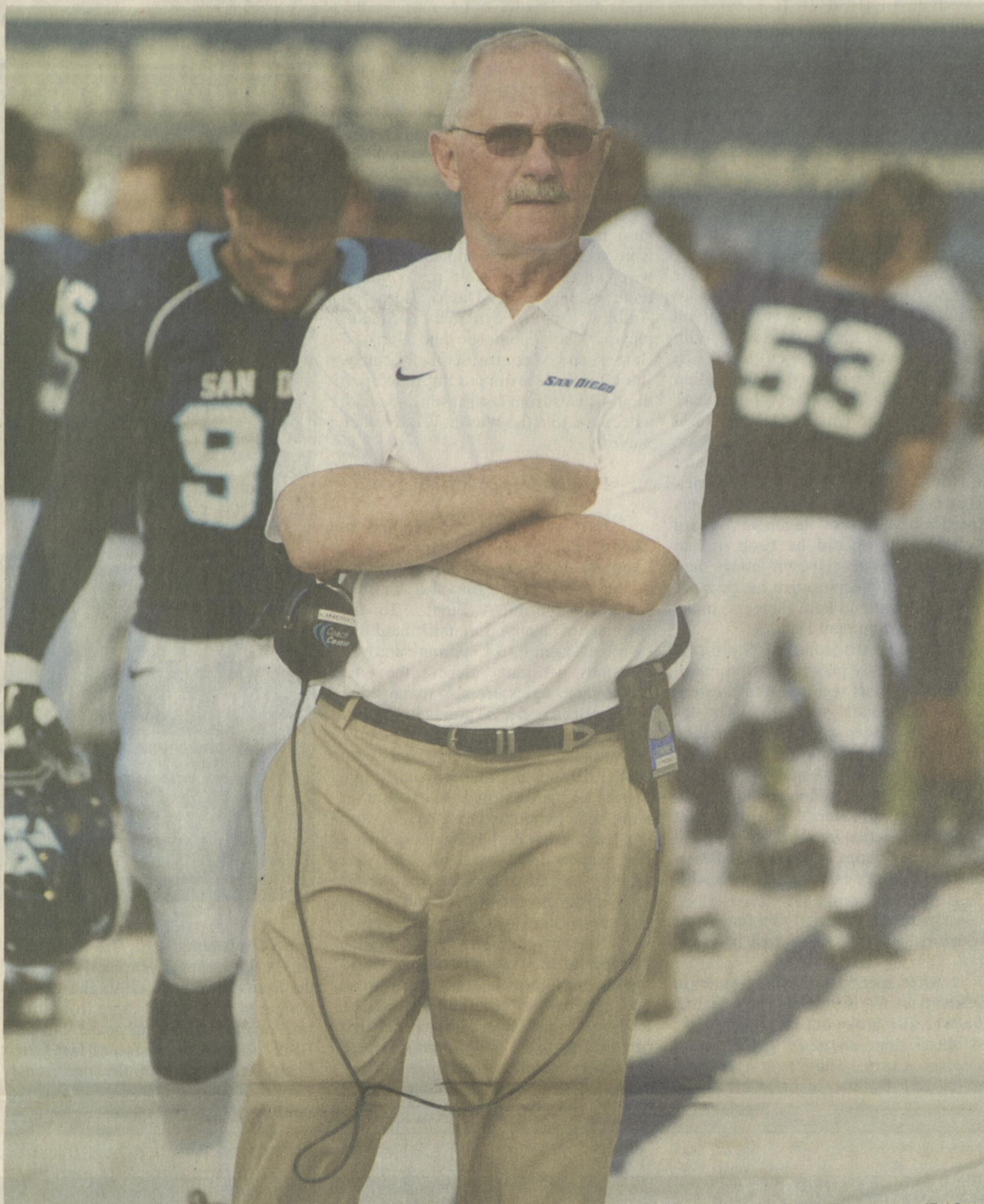


Photo courtesy of Ted Gosen

Dale Lindsay fought a personal battle with cancer before becoming head coach of USD football.

"It doesn't matter who I am. I'm not invincible. I might die. I never thought I'd get this. How did I get this in the first place? That's one question I've always had. I'm pretty good with what happened in the ear, but I don't know about the bladder. I can only imagine what a woman must feel like. What would cause something like that to happen?"

It's a question that plagues doctors and medical professionals to this day. Rumors abound on the internet of cures for cancer that are not regulated or are awaiting approval. Still, the fact that no conclusive cure exists means

that victims near and far will likely battle the life-threatening diagnosis for many years to come. Lindsey knows in confidence what advice he will give in the meantime.

"When I look back, I don't think I took enough time to appreciate each day or the people who were in my day," Lindsey said. "Every day is a gift. You better cherish the moments that you do have and the people you have around you in your life. After 2006, I realized I better enjoy every moment I get, because this could be the last one. Even if I'm tired, I wake up every morning and say, 'Damn, I'm up! I've got the

day!' And I'm hoping that I finish the day so I can fall asleep and get another one."

Like his mother and the rest of the Lindsey family, each day marks another opportunity for the USD coach to come out swinging against cancer. The fight might not be guaranteed, but a willingness to fight is always a choice.

"I read this not long ago: yesterday is a cancelled check. Tomorrow is a promissory note. Today is cash," Lindsey said. "That's what I tell my players. Today is cash. Today is all that counts. You better appreciate the day."

Men's soccer takes down UC Berkeley Golden Bears

By Davis Jones
SPORTS EDITOR

USD athletics has beaten its second No.1 ranked team in the 2013-2014 season, as the men's soccer team took down the California-Berkeley Golden Bears 1-0 last Friday in Berkeley, CA. The loss marks the Bears' first loss of the year and its first defeat since a 6-1 loss last November to the Stanford University Cardinal. Junior midfielder Connor Brandt scored in the 52nd minute for the Toreros with a shot from 25 yards out past the reach of Golden Bears goalkeeper Justin Taillole.

"It was a good ball in by [junior defender] Austin Dunn," Brandt said. "He played a ball over the top, and the keeper came and punched it out. It fell to [sophomore forward] Keegan Smith, who came in and headed it inside, and the keeper was slow to get back. I saw he was out of his net, so I hit it and it went in."

Taillole deflected a cross kick seven minutes into the second half that landed near Brandt. His quick put-back past the diving goalkeeper was his fourth goal of the season and a major reason for his first-ever selection as the West Coast Conference Men's Soccer Player of the Week on Oct. 28. Brandt commented that the recent win only matters as much as his team's success continues.

"I mean, it's nice to beat the number one team in the nation. But at the end of the day, if we don't take

care of business in conference, the win doesn't necessarily mean anything," he said. "Obviously, we've had a rough start in conference so far. But beating the number one team will hopefully help us push on and get some wins this weekend."

Berkeley's closest chance for a first-half lead came from senior defender and captain Steve Bimbaum's head shot in the 20th minute. Torero senior goalkeeper Michael D'Arrigo blocked the back post attempt and ensured the early tie. The save was one of three in the match for D'Arrigo, who ranks seventh in program history in career shutouts as well as in career saves. His 57 saves this season ranks him 31st in the NCAA among active goalkeepers.

"I don't really care about whatever I'm ranked. I just want to get back to the tournament," D'Arrigo said. "Last year we lost in the Elite Eight, and it was a great feeling getting that far, and I just want to get back there. It was great beating Cal, but it won't mean anything if we don't win out the rest of our season games and get to the tournament."

Friday's win set a season-first for USD as its first victory against a ranked opponent. A Sept. 6 match against the No. 25 California State Northridge Matadors resulted in a 2-1 loss, while the No.14 University of California Los Angeles Bruins handed the team a heartbreaking 3-2 loss in overtime on Sept. 15. The televised game ended the team's third overtime



Photo Courtesy of Taylor Washington

Freshman Michael Thilenius takes on a defender during a USD men's soccer game. Men's soccer recently defeated the UC Berkeley Golden Bears.

match in three straight games featuring a dramatic double overtime win against the California State Fullerton Titans and a double overtime tie against the University of California Riverside Bears. Even with his team already playing in seven overtime matches this season, head coach Seamus McFadden overcame much more than fatigue in beating the Golden Bears.

"We're a really young team," McFadden said. "Last year we were really successful getting to the Elite Eight. We lost nine seniors, and seven of them were starters. We've had growing pains, but we've always had untimely injuries. We always seem to

be robbing Peter to pay Paul. It's been difficult from that perspective. But I was very pleased with our team, and it's not like we stole it. We're deserved winners. We put our chances away and they didn't."

With the victory, McFadden now holds claim to all three USD wins against No. 1-ranked teams. Both came over WCC programs, one a 2-1 overtime win over Santa Clara in 1999 and another a dominating 3-0 home win in 1992, the same year in which USD played in the NCAA national championship game.

"It's great. It was a big win for them. We needed some confidence.

We've been snake-bit all season with injuries and inconsistencies because of our youth. We found a way to close that Cal game and hopefully we can build from that. We just have to find a way to play better. It's a good start, though, and I'm well-pleased," he said.

The Toreros look to avenge its earlier loss to the University of San Francisco Dons on Nov. 1 in San Francisco. The team will play the Saint Mary's University Gaels in Moraga, CA before it rounds out its regular season home schedule with games against the Gonzaga University Bulldogs on Nov. 8 and the University of Portland Pilots on Nov. 10.